Boosting local businesses

More than 200 people attend networking event

SEE PAGE 10

Capturing the imagination

Music, poetry and debate at Somali Week Festival

SEE PAGES 16 & 17

Places to go, things to do

Your guide to what's on in the borough this month

SEE GET A LIFE – INSIDE

ISSUE 1034 3 - 9 NOVEMBER 2014

WWW.TOWERHAMLETS.GOV.UK

TOWER HAMLETS eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Church to honour our WWI soldiers

BY JESSICA ODUBAYO

LOCAL men who gave their lives during World War I will be honoured by parishioners and friends of the church during a series of special events this remembrance weekend at Bow Church.

Using a grant from the Heritage Lottery Fund, the 700-year-old church, whose official name is the Parish of St Mary and Holy Trinity, has researched the lives of those named on its war memorials.

Part of the funding has also gone towards restoring the memorials, which will be re-dedicated on Remembrance Sunday, November 9. Later in the evening, some of the results of the historical research carried out by writers and historians in the area will be featured in a community drama called Zeppelins over St Mary's.

The events also include a remembrance service for old comrades of Tower Hamlets Rifles, taking place on Saturday, November 8 when a two-minute silence will be observed.

The Rev Debbie Frazer, rector of the church, told East End Life that the drama drew on the history of Bow during WWI.

"Zeppelin airships bombed several local landmarks in 1916, including the Spratts dog biscuit factory, Coborn School (now Central Foundation for Girls) and the former Black Swan pub," she said.

"The performance tells the story of the war from a local perspective, with poems and songs of the period, plus reading of names from the church war memorials."

Turn to page 3 for details of other remembrance services.

LITTLE HORRORS!

AZHAR, Zakir, Taher and Yusuf had fun carving their own pumpkins, making lanterns and creating Halloween-themed arts and crafts at The Hub Building in Victoria Park. It was one of many events organised by the council during half-term.

milltec Ex-Lease Special Offers

LAPTOP ONLY £90
WITH ONE YEAR WARRANTY

i7 LAPTOP ONLY £350
i5 LAPTOP ONLY £299
i3 LAPTOP ONLY £250
i5 Macbook Pro £600
Macbook WHITE £300
i5 iMac ONLY £650

www.millteccomputers.co.uk

BETHNAL GREEN
490 BETHNAL GREEN ROAD
LONDON E2 0EA
020 7791 1200 020 7729 9981

BETHNAL GREEN
247 BETHNAL GREEN ROAD
LONDON E2 6AB
020 7739 3959 07913 912 911

• 2-5 Years Guaranteed Rent • 0% Commission
elliotleigh.com 020 8983 4444 3 Months rent in advance paid!*
* Terms & conditions apply

Happy hens

Rescued hens now produce handfuls of eggs each week for garden members and visitors to enjoy for a small donation.

'An outstanding fellow'

Poplar resident Tom Gleed has had a profound impact on the local environment and community through his commitment to the green values he believes in.

SEE BELOW

News

East End Life is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.
Tel: 7364 3179 Fax: 7364 4917
Email: eastendlife.news@towerhamlets.gov.uk

TOWER HAMLETS

eastendlife

Editor Laraine Clay
Tel: 7364 3179

Deputy Editor Helen Watson
Tel: 7364 3173

Reporter
Jessica Odubayo
Tel: 7364 4365

Photos
Kois Miah
Tel: 7364 3253

Advertisement Manager
Sharan Ahmed
Tel: 7364 4061

Senior Advertising Sales Executive
Christine O'Doherty
Tel: 7364 4994

Senior Advertising Sales Executive
Fatima Khan
Tel: 7364 4623

Advertising Production Controller & Sales Executive
Terri Gornall
Tel: 7364 4682

Distribution Manager & Finance
Abdul Miah
Tel: 7364 0474

East End Life is published by Tower Hamlets Council with a print run of 99,000 copies delivered to homes, organisations and businesses in the borough every week.

abc

The official independently audited door-to-door delivery is 82,886 Audit Bureau of Circulation (ABC Regional) Jan-June 2014.

East End Life was the first weekly newspaper produced by a local authority in the UK with a net cost of .02p per copy per week to produce. Paid-for advertisements are carried to keep costs to a minimum.

Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.

East End Life is printed on recycled paper – when you have finished with the newspaper, please recycle it.

soundtalking

East End Life is also available on audio tape – if you know someone who would like to receive it in this format call 7364 4309 or email mariette@soundtalking.co.uk

Printed by Trinity Mirror.

Distributed by London Letterbox Marketing, Unit 6, Crescent Court Business Centre, E16 4TG. Tel: 8940 0666

If you know someone who does not receive *East End Life* call 7364 0474 or email abdul.miah@towerhamlets.gov.uk

National Green Tenant of the Year award for Poplar man who transformed derelict estate garden into a haven for wildlife – and created a handsome home for some feathered friends

Tom Gleed, with one of his rescued chickens

Tom bags award for his great green ideas

BY JESSICA ODUBAYO

A POPLAR resident who helped transform a disused tennis court into a thriving community garden has been named Green Tenant of the Year.

Tom Gleed beat off competition from more than 100 entrants from around the country to win the award from Inside Housing magazine, given by public vote.

He was recognised for his work transforming the Greening Brownfield community garden into a sustainable space for residents of the Brownfield Estate.

His work included building a palatial chicken coop from reclaimed materials with a retail price of £4,000 but costing Tom just £3.50. It now houses rescued former battery chickens.

Tom, a Poplar Harca resident, helped other members of the garden build raised beds and he also constructed an enclosed area for beehives.

He was invited to the awards ceremony hosted by the renowned explorer, Sir Ranulph Fiennes, in central London.

Tom said: "I was totally in shock. They had to call my name out twice – I was stuck to my seat. Things like this don't normally happen to people round here, so to win a national award is something I will always remember. Thank you to everyone who voted."

The judges said: "Tom is an outstanding fellow with non-stop enthusiasm, and amazing green ideas. He has turned the concrete jungle into a hive of possibility. He is a great example of what one person can do if supported by their community."

Tom with Keith Mills in the herb garden

Boosting local businesses

Capturing the imagination

Places to go, things to do

ISSUE 1004 3 - 9 NOVEMBER 2014 WWW.TOWERHAMLETS.GOV.UK

TOWER HAMLETS eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Church to honour our WWI soldiers

LITTLE HORRORS!

2-5 Years Guaranteed Rent - 0% Commission

elliotleigh 020 8983 4444

Inside this week's issue

Family announcements....4
Mayor's column....6
Useful information....8
History....13
Harmony....14 & 15
Somali Week Festival....16 & 17
Council information....18 & 19
Property....20-24
Recruitment & training....25 & 26
Sport....29-32

Remembering those we lost

Remembrance Day services are being held across the borough on Sunday, November 9 and on Armistice Day, November 11, to remember the victims of wars and conflicts around the world.

DETAILS BELOW

Forever families

Most adopters look for children aged under two-and-a-half, which means older children can be waiting years.

SEE BELOW

A chance to remember those we lost

REMEMBRANCE Day ceremonies are being held in the borough on Sunday, November 9.

Events include services and wreath-laying ceremonies at the Merchant Navy Memorial, Tower Hill at 10.30am; the church of St John on Bethnal Green, Cambridge Heath Road, E2 at 10am, followed by wreath-laying in Bethnal Green Gardens at 10.45am; Tower Hamlets Cemetery Park at 10.30am; and Christ Church, Manchester Road, Isle of Dogs at 10.45am.

■ A former officer with the Royal Marines Commandos, who served in Northern Ireland, Iraq and Afghanistan, will talk about his experiences on Thursday, November 6.

Tom Simpson, who is now associate professor of philosophy and public policy at the University of Oxford, will be interviewed and then speak on the subject: "Where is God or justice on the battlefield?"

The talk is hosted by St Peter's Barge, at West India Quay, Canary Wharf from 12.05-12.30pm and at Idea Store, Canary Wharf from 12.45-1.10pm.

■ Canary Wharf will hold a service on Tuesday, November 11 at Wood Wharf, E14, starting at 10.45am.

The Venerable David Meara, Shaykh Ibrahim Mogra and Rabbi Dr Moshe Freedman are among those giving readings.

Could you open up your heart to a child in care?

BY IAN READ

COULD you offer a loving home to a child who needs adopting?

The council is appealing for families to come forward to adopt children who are traditionally more difficult to find homes for.

To coincide with National Adoption Week this week, the council is focusing on finding potential adopters for siblings, children with disabilities and older children.

Ian Forbes and his wife Nicky adopted five-year-old Aaron in January after he had spent his whole life in care.

Mr Forbes said: "We would encourage anyone to adopt. We can't imagine our lives without Aaron now. In nine months everything has changed so much we can't remember what life was like before he came along. He's part of the family."

Most adopters are looking for children aged under two-and-a-half, which means older children can often be waiting several years until a family can be found for them.

Mr Forbes said people should consider adopting older children: "Aaron had been in care all his life, he'd got to five and at that point a lot of people are looking for a bright-eyed baby or a one- or two-year-old.

"The benefit of adopting a slightly older child is that most of the issues are known, you will be aware of what you will be taking on."

Mayor Lutfur Rahman said: "Every child deserves to be part of a loving family. We would urge families everywhere to consider opening their heart to adopting children from this community who are in need of a loving home."

Cllr Gulam Robbani, cabinet member for education and children's services, said: "For anyone who has been thinking about adopting now is the time to ring our friendly and approachable team to find out more."

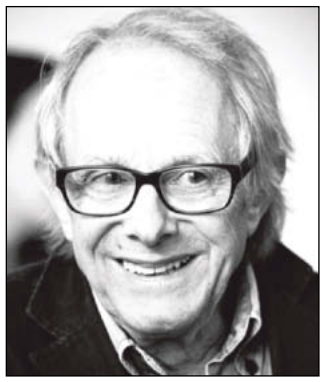
The Forbes family live outside the borough but approached Tower Hamlets because of the excellent reputation of the fostering and adoption service.

Mr Forbes said the approval process was quick and they felt well supported throughout, without any surprises.

To find out more, contact the council's advisers on 0800 279 9850 or visit **www.fosteringandadoption.co.uk**

Five-year-old Aaron, pictured above with his adoptive parents, is now a part of the family

News in brief



In the spotlight

FILM director Ken Loach (pictured) will deliver the George Lansbury Memorial Lecture at Poplar's new Spotlight Centre later this month.

Describing the former MP for Bow & Bromley as "a giant of the Labour movement", Mr Loach will also take part in a Q&A session before introducing his 1969 screen classic, Kes.

The lecture is on Thursday, November 27 from 7pm at the centre in Hay Currie Street, E14.

Tickets cost £10, £8 concessions, available from **www.poplarfilmpresents.com**

Man in custody

A MAN from Bow has been charged under the Sexual Offences Act.

Yakub Miah, 35, of Roman Road, E3 was charged on October 29 with assaulting a girl under the age of 13. He appeared at Thames Magistrates' Court last Thursday, October 30, and was remanded in custody.

The alleged incident occurred on Tuesday, May 13.

Happy Engagement to Vilius & Zivile now that your hearts have found one another!

Two become one on this journey called life.

Colin Parsons

1st Anniversary October 28

We miss your smile
We miss your touch
We miss your laughter so very much
Lord be good to him
Till we meet again

Love you always
Pat, Suzanne, Ian and all the family

Give Steve a hug X

Mum,

No words can express how much I love you. I may not say it often but your presence in my life is a blessing from Allah (swt).

I am proud to be your son.

Love you loads ❤

Jabir x

Sallyann Hall

Past 5 November 2013

A beautiful and rare flower plucked from our hearts and placed in heaven's floral bouquet.

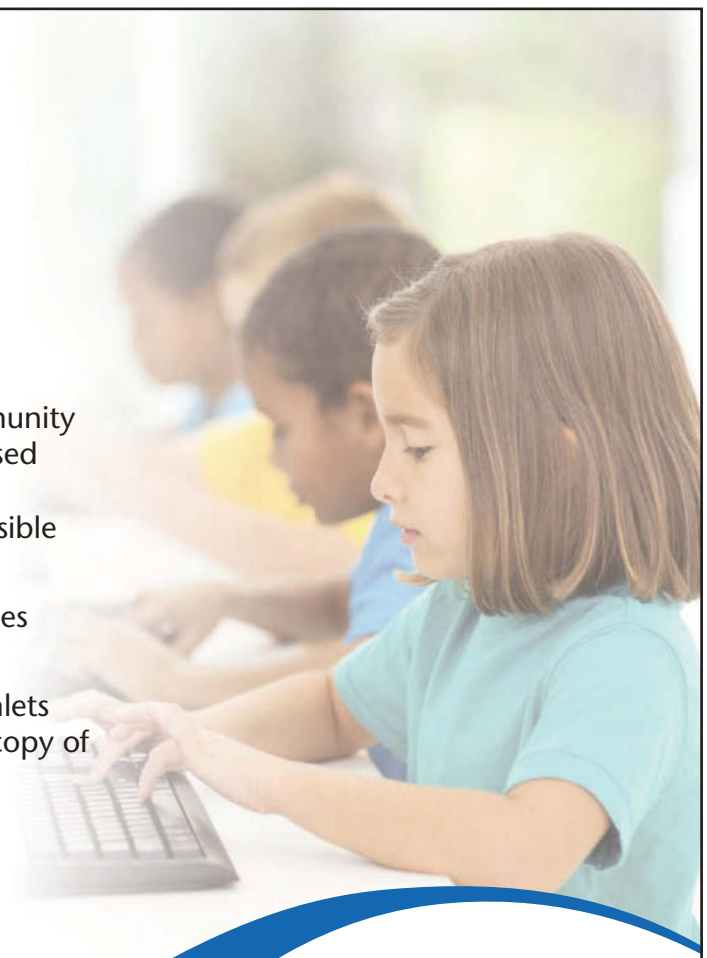
So loved and sadly missed
Mum Joyce, brother Bill and family

Are you are looking to celebrate or remember someone dear to you?

To place your family announcement with East End Life please contact;

terri.gornall@towerhamlets.gov.uk | sharan.ahmed@towerhamlets.gov.uk
christine.o'doherty@towerhamlets.gov.uk | fatima.khan@towerhamlets.gov.uk

SCHOOL ADMISSIONS CONSULTATION



The Council has launched its public consultation on admissions to Tower Hamlets community schools for the 2016-17 school year. The Council would like your thoughts on its proposed arrangements for admission to nursery; primary and secondary schools. This will help to improve the school admissions process, so that it is fair and that as many parents as possible gain a place for their child at one of their preferred local schools.

The consultation will also cover other areas of the school admission process and continues throughout November and December, concluding on 5th January 2015.

Further information and the consultation questionnaire can be found on the Tower Hamlets website: **www.towerhamlets.gov.uk/schooladmissions**. You can also request a paper copy of the consultation by contacting the Council's Pupil Services Team on: **020 7364 5006**

The Council will also be holding a public meeting to discuss the consultation on **26 November 2014 at 10am** at the Tower Hamlets Professional Development Centre, 229 Bethnal Green Road, London E2 6AB

TOWER HAMLETS

Giant Germs coming to Bethnal Green

Giant Germs, hosted by the Biotechnology and Biological Sciences Research Council and scientists from Oxford Brookes University, features talks about the impact of parasites and viruses.

WWW.BBSRC.AC.UK/GBBIOSCIFEST

London fire strike

The fire brigade is advising residents to attend organised fireworks displays to keep safe during the strike.

SEE BELOW

News

Soup-er amazing!

FRESHLY picked vegetables from a garden in Mile End Park and the culinary skills of staff and volunteers were the perfect ingredients for a community soup making day.

More than 100 families took part in the event last Monday, October 25, creating their own vegetable soup from scratch.

"I really loved making soup because I like cooking. I don't normally make stuff in parks," commented ten-year-old Bridget.

Mohamed, 13, said: "I adore making soup and today my soup was looking amazing. I found the park rangers very funny."

(Above) Haddy, 11, Jayne, 9, and Bridget, 10 (Left) Sisters Eiana, aged 4, Mehjabin, 10, and Anana, 8

News in brief

Woman dies after being hit by car

AN elderly pedestrian has died after she was hit by a car last Thursday evening, October 30.

Police were called at about 7.30pm to reports of an accident in East India Dock Road, near the junction with Burdett Road in Poplar.

The woman, described as in her 70s, was pronounced dead at about 8pm.

Initially, the driver of the car, believed to be a red Peugeot, failed to stop at the scene but returned a short time later.

The 39-year-old man was arrested on suspicion of causing death by dangerous driving and was being held in custody at an east London police station as East End Life went to press.

Four-day fire strike

FOUR days of strike action by members of the Fire Brigades Union is continuing until 6pm on Tuesday, November 4, as part of a national dispute with the government over pensions.

The fire brigade is encouraging residents to take special care at home and attend organised fireworks and bonfire events. Visit **www.london-fire.gov.uk/BonfiresAndFireworks.asp**

Giant Germs show

BLIND and visually impaired people were invited to discover the microscopic world of bugs and microbes at a Giant Germs exhibition in the Brady Centre, Whitechapel last week.

And the 3D models of viruses and parasites will be at Museum Gardens, Bethnal Green from November 14-16 as part of the Great British Bioscience Festival.

Mixed response to cycle lane plan

BY JESSICA ODUBAYO

COMMUNITY groups and cycling campaigners have expressed mixed views on proposals to install new cycling lanes from Aldgate to Bow roundabout.

Members of cycle campaign group Tower Hamlets Wheelers, community group Roman Road London as well as businesses, traders and residents are among those who responded to the Transport for London (TfL) consultation which ended on Sunday, November 2.

Mayor Lutfur Rahman also wrote to raise misgivings about the proposals and asked TfL to revise the plans.

Tower Hamlets Wheelers said the proposals for Cycle Superhighway 2 would be a big step towards transforming London's streets into spaces that are safe and inviting for cycling.

They led a group ride down the current cycle highway to Whitechapel market on October 25, talked to traders about their concerns and said they would like to work with them to ensure the upgrade benefited everyone.

However, members of community group Roman Road London said the new plans threatened to increase traffic on Roman Road, endangering the safety of cyclists and increasing congestion and pollution in Bow.

"We are concerned around one of the proposals in Bow, and its possible impact on the Roman Road," the group said.

The Roman Road Resident and Business Association also submitted formal objections to the proposals.

Visit **https://consultations.tfl.gov.uk/cycling/cs2-upgrade** to view the plans.

Contact the mayor

To contact the mayor, call his office on 7364 4993 or email him at **mayor@towerhamlets.gov.uk**

WWW.TOWERHAMLETS.GOV.UK/MAYOR

Internet helps improve lives

The internet is an important tool for many Tower Hamlets residents whether it is for job hunting, getting healthy, saving money, making life easier or just having fun.

SEE BELOW

News

Awards and praise

IT seems every week Tower Hamlets people pick up prestigious awards and do the borough proud.

LUTFUR RAHMAN | MAYOR OF TOWER HAMLETS

There can be few more important jobs than giving a child a good start in life so I was delighted when Gertrude and Keith Tummings scooped national awards for outstanding foster care.

Mr and Mrs Tummings are council carers who have looked after 28 children with disabilities over the last 18 years. In presenting the awards, FosterTalk said they hoped that their example would inspire others to become foster carers and I echo that.

I was pleased we also won a London Councils award for helping to create new apprenticeships. We gained recognition for securing more than 550, through negotiating with council suppliers.

Talking of achievements, the borough was praised for its healthy food, coming second out of 33 London boroughs in the annual Good Food for London report. Next time I hope we go one better!

Congratulations are also in order for the energetic over-50s Team Tower Hamlets for doing so well in the Better Club Games, coming fourth and keeping the Olympic spirit alive.

A Season of Bangla Drama is returning with a bang, with 22 events planned this year to celebrate the richness of Bengali culture.

As usual, there will be a lot of talented performers and exciting productions, including classics, drama, comedy and music, in venues across the borough. It will be well worth your time and attention.

Another great festival organised by the council, the Writeidea Festival, takes place from November 14-16 at Idea Store Whitechapel.

I hope the weekend, focused on the joy of reading, helps open up the wonderful world of books to all.

Mayor Lutfur Rahman

EIGHTY-FOUR-year-old Pam Law (pictured) is among thousands of people who were inspired to log on to the worldwide web during Get Online Week last month.

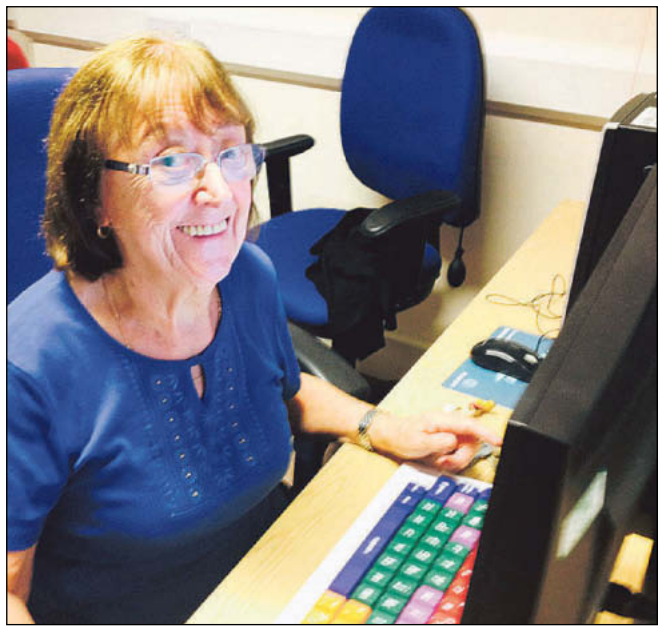
With the support of housing organisation Peabody's Networx project – which helps older people to learn how to use the internet – Pam now goes online to find out what is on at her local theatre.

Peabody's head of digital, Sigal Dwyer, said: "Peabody has been working with residents and local communities for more than 14 years on improving their computing and internet skills.

As a result of our Digital in the Community programme, over 75 per cent of our residents are now online."

Residents wishing to get online can do so every Wednesday from 10am-12pm at the Sundial Centre, 11 Shipton Street, Bethnal Green and every Friday, 2-4pm, Peabody's offices, 5 Gore Road, E9.

For further information, go to www.peabody.org.uk/community-programmes/it-computers-and-digital



Showing that we care

BY IAN READ

PARENTS and professionals who care for children with Down's Syndrome gathered to share their experiences at a conference hosted by the council.

Seventy-five parents from the borough attended to find out about the kinds of support available to help address the learning and emotional needs of their children.

It was the second such conference, following the inaugural event last year, and it is hoped it will become an annual event.

Mayor Lutfur Rahman said: "We will do everything possible to support any child who needs extra help. I would like to thank the staff who organised this event, which will hopefully bring even greater improvements in the support offered to children with Down's Syndrome in our borough."

Held at the Professional Development Centre in Bethnal Green Road and organised by the council's Support for Learning service, the audience heard speeches by the careers service, the Parents Advice Centre and from parents themselves.

Delegates also attended a variety of workshops including supporting literacy and mathematical skills, behaviour management, ICT skills, and planning and assessing pupil progress.

There was an opportunity to visit stalls from local groups and organisations that support pupils with special educational needs.

Cllr Gulam Robbani, cabinet member for education and children's services, said: "We offer a wide range of support and training for parents and hope that those who attended found the event rewarding."

The conference was supported with funding from Canary Wharf Group, which helped pay for the training rooms and hospitality.

Tatiana, ten, learns about bee-keeping

Market date creates a big buzz

CHRISP Street Market held its autumn gathering on October 18 and attracted more than 400 people.

Visitors were taught about bee-keeping and honey production, food growing, foraging and cooking and home-made beauty products.

It was also an opportunity for local food outlets, traders and cafés to show the quality of what they offer which has earned them the council's Food for Health Award.

The event was hosted by the council, Women's Environmental Network and housing association Poplar Harca.

Tasty treats on offer at Chrisp Street Market

Park wins award for second time

Victoria Park draws in more than 275,000 visitors a year, as well as boasting a year-round community programme. It gained more than 13,000 votes to be crowned the best park in the country.

WWW.TOWERHAMLETS.GOV.UK/VICTORIAPARK

An outdoor adventure

Tower Hamlets has more than 100 parks and open spaces which are well used by residents and visitors.

Festival feel for park award celebrations

THERE was a festival atmosphere at Victoria Park last week to celebrate its latest national accolade.

Fairground attractions, stilt walkers and children's entertainment were some of the highlights enjoyed by residents at a community fun day held to mark the park's award as the People's Choice 2014.

More than 32,000 votes were cast in the competition organised by Keep Britain Tidy, which gives out Green Flag Award status to the best open spaces in the country.

Mayor Lutfur Rahman unveiled a plaque at The Hub Building attended by park staff, officials from Keep Britain Tidy and park users.

He said: "Congratulations to everyone who has contributed to this magnificent accolade. We have known for a long time that Victoria Park is an amazing park and I am glad it has been recognised nationally once again."

Cllr Shafiqul Haque, cabinet member for culture, added: "The council prides itself on ensuring all of our parks are maintained to an excellent standard.

"Why not make time to get out and enjoy our fantastic open spaces."

Mayor Lutfur Rahman meets a stilt walker at the event held to mark the park's success

Crackdown reaping rewards

BY STEFAN SWIFT

POLICE found drugs and money at a property in Bow as part of the council's crackdown on crime across the borough.

Members of the Partnership Task Force, which the council funds, made the discovery following an investigation into activities at an address in Fairfield Road.

Officers seized quantities of white powder believed to be cocaine, a substance believed to be crystal meth and a large amount of cannabis.

They found around £3,000 in cash as well as wads of notes in foreign currency in the raid on October 17.

Counterfeit US dollars with identical serial numbers and rail travel passes were also discovered alongside three canisters of CS and pepper spray.

Mayor Lutfur Rahman said: "This sort of discovery is exactly why we established the Partnership Task Force with the Metropolitan Police in 2011."

Cllr Ohid Ahmed, cabinet member for community safety, added: "The second Partnership Task Force in the borough continues to reap rewards.

"It is seizures like this one that help ensure the safety of our residents."

A 46-year-old man was arrested for possession with intent to supply class A drugs, possession of class B drugs, possession of articles to commit fraud, possession of criminal property and possession of three firearms.

He has been bailed to return to an east London police station in early December.

All drugs and firearms seized by police are destroyed.

The second Partnership Task Force was formed to build on the success of the original PTF launched in June 2011.

It consists of 19 officers, which have been funded by the council, and will be in place until 2015.

Find your perfect bicycle at swap shop

CHILDREN who have outgrown their bicycle are invited to swap it for one that is a perfect fit at an event on Saturday, November 8.

Hosted by social enterprise Bikeworks, the swap shop will be at Hague Primary School in Wilmot Street, Bethnal Green from 10am-2pm and is open to children who attend school in Tower Hamlets.

Bikes must be in roadworthy condition, although mechanics will be on site to carry out minor adjustments such as fitting seats.

Bikes with extensive problems or covered in rust will not be swappable. Children will be able to try out their new bikes in the playground, supervised by Bikeworks' cycling instructors.

All children must be accompanied by a parent or guardian and bikes will be available on first come, first served basis.

For more information, email **enquiries@bikeworks.org.uk**

News in brief

Wartime memories

A FREE exhibition based on personal WWI diaries held in the collection of the Fusilier Museum at the Tower of London, is set to open at the Barbican Centre in the City on Wednesday, November 5.

Using previously unpublished material about the experiences of soldiers in the Royal Fusiliers, there will be a dance performance inspired by the exhibition on Friday, November 7 at 6pm.

Performers from the Laban Movement Choir project will hold a dance workshop at the Fusilier Museum itself on Saturday, November 29 at 10am.

The exhibition – Voices From The Front: A Personal Account of the Great War – will run until January 5.

For more details visit **www.fusiliermuseumlondon.org**

6 BISHOP CHALLONER SIXTH FORM

Challenge - Support - Achieve

Open Evening
Wednesday 12 November
16:30-18:30

Each year Bishop Challoner Sixth Form achieves some of the best results in East London. Our excellent staff offer support that is individually tailored to each student throughout the extensive range of two year BTEC and A Level courses that we offer

You will benefit from the best facilities in Tower Hamlets and a Sixth Form Centre with designated study areas, a cafe, computers and Wi-Fi access. For more information please contact the Sixth Form office, we'd love to hear from you.

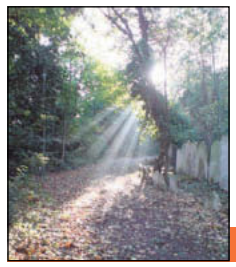
02077919500
@ChallonerSIXTH

TOWER HAMLETS

For your information

Parking to pest control, housing to hate crime

TURN TO PAGES 18 & 19



Get to know fruits and fungi

On Woodland Explorer Day, you'll learn to recognise many kinds of tree, in their winter and summer garb, to find fungi and wild fruits, and to try a few wild plants that provide a tasty nibble.

SEE BELOW

Useful information

Abuzz with life in autumn sun

News from the Friends of Tower Hamlets Cemetery Park

IN the Cemetery Park we're enjoying this warm autumn. On sunny days, bees, wasps, hoverflies and Red Admiral butterflies are still to be seen on ivy flowers. And we have a couple of things in particular to celebrate.

Although we haven't been able to emulate the great success of Victoria Park in winning the national park vote for the best Green Flag Park, we did come third nationally among parks receiving the Green Flag Community Award.

And we've been awarded a grant of £8,000 under the Re-leaf scheme for grants for tree and woodland initiatives in London, which is jointly funded by the mayor of London and the Forestry Commission.

The grant will enable us to carry out much-needed tree works, to let more light into the woodlands and protect against damage to monuments during storms.

It will also enable us to buy wildflower plants and seeds, and spring bulbs, to make our woodlands even more colourful.

Wildflowers will include primroses, columbines, betony and devil's bit scabious.

In November, as part of the Re-leaf project, there will be two special days – both free.

The first, Woodland Explorer Day on Saturday, November 15, is a day of woodland activities for everyone.

The first part of the day, from 10.30am-12.30pm, is for children of any age, accompanied by a parent or carer.

This session is with Bow Beasties on the theme of natural art. Colourful autumn leaves will feature prominently.

The second part of the day, from 1.30-3.30pm, is a woodland discovery walk.

A bee on the pollen trail

Photo by James Lindsey

Trees are very exciting during this season and leaf colours are brilliant this year.

You'll learn to recognise many kinds of tree, in their winter and summer garb, to find fungi and wild fruits, and to try a few of the wild plants that provide a tasty nibble.

Woodland Explorer Day is free, and there's no booking.

Our second special day is on Thursday, November 27, from 9.30am-3.30pm.

It's a training day called Knowing Native Trees and Shrubs.

It is aimed particularly at people working or volunteering in parks, on housing estates, or community gardens, but anyone with an interest is welcome.

The morning session will be an exploration of the Cemetery Park, looking at a wide range of trees and shrubs, learning to recognise them and considering their wildlife values and how tree and hedge planters might make their choices.

In the afternoon we will plant a variety of new young trees, using what we learned in the morning.

You need to book for this day. It's free, but there will be a deposit of £10, returnable if you attend or if you cancel by November 24.

To enquire or book for the training day, call 8983 1277.

Our monthly guided walk takes place on Sunday, November 16 at 2pm.

This walk will focus on the monuments and the local history they reveal. It's free and there's no booking.

By Terry Lyle

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.
Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.
Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.
Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.
Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.
Forward, 648 Mile End Road: Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.
Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.
Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.
Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat 9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor).

To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

Family Information Service (FIS)
The Family Information Service provides information for people from birth to age 19 including helping parents and carers find high quality childcare, advice on tax credits and childcare vouchers.
Open Mon-Fri, 8am-6pm.
30 Greatorex Street, E1.
fis@towerhamlets.gov.uk
7364 6495

Tower Hamlets Home Birth Support Group
Last Thurs of each month, 8pm.
31 Ridgdale Street, E3.
8981 1159

Parents Advice Centre (PAC)
Offers impartial advice around special educational needs (SEN).
30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9:30am-3.30pm.
7364 6489

LinkAge Plus
Toynbee Hall is one of five network centres that co-ordinates services and activities provided.
Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group.
Toynbee Hall, Commercial Street, E1
7392 2914
www.toynbeehall.org.uk

Welfare advice

All the organisations listed below can help you with welfare benefits, housing and general debt problems.

Account 3
1-9 Birkbeck Street, E2.
7739 7720
www.account3.org.uk

Bangladesh Youth Movement
21-23 Henriques St, E1.
7488 1831/2

Bromley by Bow Centre
St Leonard's Street, E3.
8709 9737 www.bbbc.org.uk

Citizens Advice Bureau (CAB)
32 Greatorex Street, E1.
7247 1050
www.adviceguide.org.uk

Island Advice Centre
Island House, Roserton Street, Isle of Dogs, E14.
7987 9379
www.island-advice.org.uk

Legal Advice Centre
University House,
104 Roman Road, E2.
8980 4205
www.legaladvicecentre.org.uk

Limehouse Project
Cheadle Hall, Cheadle House, Copenhagen Place, E14.
7538 0075
www.limehouseproject.org.uk

Praxis (New Residents Service)
Pott Street, E2.
7729 7985
www.praxis.org.uk

Tower Hamlets Law Centre
(specialist advice by appointment).
Tower Hamlets Law Centre, Unit 1, St. Anne's Street, off 789-791 Commercial Road, E14.
7538 4909
www.thlc.co.uk

Debt advice

Toynbee Hall Advice Service
28 Commercial Street, E1.
7392 2953
advice@toynbeehall.org.uk
www.toynbeehall.org.uk

Fair Money Advice
530 Commercial Road, E1.
7702 8032
www.fairfinance.org.uk

Island Advice Centre
Island House, Roserton Street
Isle of Dogs, E14.
7987 9379
www.island-advice.org.uk

National Debt Line
0808 808 4000
www.nationaldebtline.co.uk

Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email **eastendlife.news@towerhamlets.gov.uk** and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....

Address .....

.....

Issue no. **Page no.**

Get on your bike

You can try track cycling, road racing, BMXing or mountain biking at the VeloPark in the Olympic Park.

HTTP://QUEENELIZABETHOLYMPICPARK.CO.UK

A tale for teenagers

Red Leaves, by Sita Bahmachari, is the story of teenagers Aisha, Zak and Iona, who face personal battles that lead them to the local woods, which becomes their metaphorical invisibility cloak.

SEE STORY BELOW

Schools news

PUPILS at two Tower Hamlets schools became some of the first to benefit from free coaching at the Lee Valley Centre. Students from Oaklands School, Bethnal Green enjoyed lessons at the VeloPark at its first schools festival for 700 London schoolchildren. And pupils from Marion Richardson School, Stepney were given expert coaching in hockey and tennis. Dan Ford, PE teacher at Oaklands, said: "We've come down here to try out all four different cycling disciplines. The pupils thought the track cycling was absolutely fantastic."

Inspiration down at St Paul's Way

WHEN children's author Sita Brahmachari wanted inspiration for her latest novel, she took advice from a group of students at St Paul's Way Trust School.

The students – Mymonah Bibi, Sado Ali, Naima Omah and Jakia Parbeen – were also the first to read the book, Red Leaves, to comment on the central character, Aisha, and help shape details in the story.

Red Leaves tells of young people's ability to understand and be compassionate to each other across cultures, religions, histories and economic circumstance.

And the author returned to the school in Bow on the day her novel was published. Sita said the young audience all connected strongly to the universal themes in the story – the instinct to build a safe, secure home base on trust, respect and friendship.

Sita Bahmachari with pupils at the school

Teacher Annie Birch said: "We are very proud that Sita chose to visit our school on the actual publication day of her latest novel. We are delighted that the some of our students are named and thanked in the text itself."

Transformation worth the wait

BY JESSICA ODUBAYO

NEW and improved grounds and buildings at Langdon Park School in Poplar were formally launched on October 17.

Olympian Tessa Sanderson, a champion of young people in sport, cut the ribbon to officially launch the new school site in Bright Street. Guests included Poplar & Limehouse MP Jim Fitzpatrick.

Head teacher Richard Fitzgerald said: "We are all delighted that at the end of many years of hard work and planning we have such an excellent, extensive school site with so many spaces for active play or quiet conversation.

"Within this site we now have so many light and spacious new classrooms and such high quality facilities that all the waiting has definitely been worth it. This improvement in our physical environment, along with all the other changes, that have been introduced has transformed what it is like to learn at Langdon Park School and we look forward to all the success that our future will bring."

(Above) Year 10 dancers; (below) Tessa Sanderson cuts the ribbon at the new site

Growing success

A recent Grant Thornton report found that Tower Hamlets ranked top local authority for growth in the country.

Finding the perfect skills match

Skillsmatch is an innovative recruitment service, established in 1997 and based in Canary Wharf, where a dedicated team work together to help businesses across London to recruit local people.

WWW.TOWERHAMLETS.GOV.UK/SKILLSMATCH

News

Business forum is hailed a success

BY SAM GOUGH

MORE than 200 members of the borough's business community were given the chance to network at the second Mayor's Business Forum.

Hosted at Tobacco Dock in Wapping, the free event aimed to boost local business, giving people an opportunity to network and speak with council officers about the support that they need.

The evening last Tuesday, October 28, also included a talk from Josephine Fairley, the co-founder of chocolate makers Green & Black's.

Michael Foy from Mara Services & Supplies said: "The Mayor's Business Forum gave us all lots of information about what is going on in the borough. I met lots of people that I am sure I will be doing business with. It was absolutely worthwhile coming along."

Deputy Mayor Cllr Oliur Rahman, who is also cabinet member for economic development (jobs, skills and enterprise), said: "The Mayor's Business Forum was launched last year to support the local enterprise economy. From the success of the event tonight I'm sure we'll see lots of exciting and innovative partnership work flourishing in the borough.

"This event has also been a real asset for us to hear what businesses want from us as a council. This is hugely valuable to us in making sure that our work delivers real benefit."

Josephine Fairley, co-founder of chocolate maker Green & Black's (above and below)

The business forum follows on from the council's enterprise strategy, a document which sets out the council's approach to encouraging growth and developing the borough's economy and enterprises.

Mayor Lutfur Rahman said: "We have a really strong local economy and we need to thank our local businesses for that. From small start-ups to bigger organisations, all have contributed to making the borough the number one area in the country for growth."

New enterprise projects under the strategy include support for business people who are:

- starting businesses
- expecting rapid growth for their businesses
- looking for suitable premises
- wanting to boost turnover through contracts with large organisations
- running retail enterprises and wish to develop their marketing skills.

In addition, the council is running other projects to support the local economy, such as Skillsmatch, a market-leading service that assists businesses across London to recruit local talent, matching Tower Hamlets residents to locally operated businesses.

The council also supports initiatives including several jobs fairs each year.

The recent Grant Thornton report found:

- For a borough that only occupies eight square miles, Tower Hamlets has better growth than cities such as Manchester and Birmingham.
- It leads the field for local authorities, not just in London but across the country.
- The report investigated factors such as demographic (skilled, young and active workforce, diverse communities), economic potential for growth and environmental factors.

Caesar Ferrera from Docklands Business Club talks to visitors

Deborah Jarvis (right) on a Docklands Business Club stand

Catherine Shaw from Skillsmatch with representatives from RA Care Services

24/7 Airport Transfers
CANNON CARS
AIRPORTS, STATIONS, HOTELS, HOSPITALS OR ANY DESTINATION
FREEPHONE 0800 174 152
0207 247 2727
Licensed by TfL
0207 377 1111
ACCOUNTS WELCOME
www.cannoncar.co.uk
email: info@cannoncar.co.uk

The Parkside Residents Group's AGM

Monday 10th November 2014 from 7.00 - 8.30pm.

All Parkside residents welcome to attend

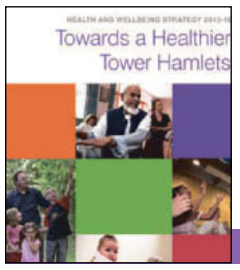
Venue: Francis Lee Community Centre, Claire House, Hawthorne Avenue E3 5PY.

Guest speaker: Mark Whittaker, Operations Manager Kier (Repairs and Maintenance Contracts and Operations Management Team)

Join us for home made soup and light refreshment.

ACTING ON YOUR BEHALF AS THE VOICE OF OLD FORD RESIDENTS for Lakeview, Lanfranc, Locton, Ranwell East & West Estates.

Parkside Residents Group



Helping to tackle mental health

The Health and Wellbeing Board launched last year is made up of councillors, community leaders, GPs, public health, social care, housing providers, Healthwatch and the local voluntary sector.

SEE BELOW

Raising awareness

More than 6,700 people were diagnosed with mouth cancer in the UK last year, resulting in approximately 2,000 deaths.

WWW.MOUTHCANCER.ORG

News

TAKE time out from the hustle and bustle of everyday life and let your stresses drain away at Spa London in Bethnal Green.

From November 3-7, spas and salons across the country will be taking part in National Spa Week.

The campaign is aimed at increasing awareness of the mental and physical benefits regular spa treatments can bring. Spa London is run by leisure providers Better and the council within the historic Victorian baths at York Hall Leisure Centre in Old Ford Road.

The venue offers the ultimate day spa package, combining traditional thermal treatments with the latest modern therapies. Visitors can enjoy a full thermal experience including steam room, sauna and relaxation zone.

Cllr Shafiqul Haque, cabinet member for culture, said: "Spa London is designed to provide the perfect escape from the stresses of city living."

Offers available at Spa London include 50 per cent off some facials and concessionary rates for residents. For more visit www.spa-london.org/yorkhall

Cancer Action Month is helping to save lives

BY ANNA WILSON

THE council is raising awareness of mouth cancer this month to help save lives through early detection and prevention.

November is Mouth Cancer Action Month when the message is: If in doubt, get checked out.

Although tobacco is the main cause of mouth or oral cancer, anyone can get it.

The earlier it is detected, the earlier you can receive treatment, increasing your chances of survival.

Signs to look out for include ulcers which do not heal in three weeks, red and white patches in the mouth and unusual lumps or swellings in the mouth, head or neck area.

New research from the British Dental Health Foundation shows increased cases of mouth cancer, with two thirds of cases being linked to smoking tobacco.

It has also found an increase in the number of women contracting the disease, particularly among South Asian communities who use smokeless tobacco such as 'sada' and 'zarda' in paan. Smokeless tobacco can increase the risk of developing mouth cancer by 15 times.

Cllr Abdul Asad, cabinet member for health and adult services, added: "Smokeless tobacco carries similar health risks as smoking cigarettes. Quitting tobacco will reduce your risk of mouth cancer by half within three to five years."

Dr Somen Banerjee, director of public health at the council, said: "At least 75 per cent of mouth cancers could be prevented by stopping tobacco and reducing alcohol consumption so making healthy improvements to your lifestyle is the best way to reduce your risk."

■ Tower Hamlets' public health team and health advisers will be providing advice and raising awareness of symptoms in English, Bengali and Somali every Thursday from 1-3pm during November at the East London Mosque, 46 Whitechapel Road, E1 and on November 7, 12-2.30pm, at the mosque and its Maryam Centre for women.

Other events will be held throughout the month at venues to be confirmed.

If you would like help in stopping tobacco, call the BME Stop Tobacco Project on 7882 8669 (women) or 7882 8660 (men).

For a list of free support services for stopping tobacco, visit **www.towerhamlets.gov.uk/stopsmoking**

Be clear on cancer and get advice

ANYONE who is worried they may have symptoms of bladder or kidney problems is being urged to get in touch with their GP sooner rather than later.

Blood in the urine is one of the main signs and also indicates the possibility of cancer.

But early diagnosis of both bladder and kidney cancers can improve chances of survival.

Dr Jhumur Pati, a consultant uro-oncological surgeon who leads on bladder cancer at Barts Health, said: "It's important for people to be aware of the symptoms of bladder and kidney cancer, especially where cultural, language and religious barriers exist. The message is simple, if you notice blood in your urine, even if it's just the once, tell your doctor."

Dr Pati added: "You will either get reassurance that it isn't cancer, or if it is, you will have a better chance of treatment."

Figures from the Be Clear on Cancer campaign indicated that last year 127 more bladder cancers and 116 more kidney cancers were diagnosed following an urgent GP referral for suspected urological cancer compared with the same three-month period in the previous year.

For further information about the signs and symptoms visit **nhs.uk/bloodinpee**

Reaching for new heights

AN office manager at a Poplar primary school reached new heights last month when she joined a team of friends on a fundraising expedition to Mount Kilimanjaro.

Tara Kaur, office manager at Woolmore Primary School, undertook the challenge to raise money for When You Wish Upon A Star, a charity which helps to make dreams come true for terminally ill children.

Tara (pictured above) paid for the trip herself and, through sponsorship, has raised £1,691 – 84 per cent of her target for the charity.

To donate, visit **www.justgiving.com/Tara-Kaur69/**

Prioritising mental health care services

NATIONAL charity Mind has called on all local authorities to prioritise mental health problems.

Tower Hamlets is leading the way in tackling the stigma around mental health and is already working with partners to improve services.

The council recognised the importance of improving people's mental health early on and has put strategies in place to expand services and support.

Established in September last year, the Health and Wellbeing Board highlighted mental health as one of the four main priorities in its three-year vision.

The board was the first in the country to sign the Time to Change pledge – England's biggest campaign that aims to stamp out mental health stigma and discrimination.

The council was also recently recognised for its work around early diagnosis of dementia, improving the co-ordination of care, resulting in an increase of referrals by 17 per cent.

Cllr Abdul Asad, cabinet member for health and adult services, said: "We have seen locally the positive impact mental health services have had in communities, and we continue to work on understanding the needs of the local population."

If you are worried about your mental health, see your GP. There are a range of specialist services in the borough that you can also access:

■ Mind in Tower Hamlets – call 7510 1081 or email **info@mithn.org.uk**

■ Compass Tower Hamlets – call 7791 9497 or visit **www.compassth.nhs.uk**

■ Tower Hamlets Early Detection Service (THEDS) for residents aged 16-25 – call 3487 1320 or visit **www.eastlondon.nhs.uk**

More information on free, healthy activities and services in the borough can be found at **www.towerhamlets.gov.uk/publichealth**

Service of celebration

A service at Poplar Methodist Church on October 29 celebrated the work of the Island Neighbourhood Project.

SEE STORY BELOW

Let's make it happen

The Stairway to Heaven Memorial Trust is raising funds to compete the partially built memorial near the Tube station in Bethnal Green Gardens. To make a donation, go to...

WWW.STAIRWAYTOHEAVENMEMORIAL.ORG

News

News in brief

Community closure

A COMMUNITY project has closed down due to funding difficulties after more than 30 years of serving residents on the Isle of Dogs.

The Methodist Church established the Island Neighbourhood Project in 1980 to bring communities together and to work alongside people in need.

The Rev Cameron Kirkwood, superintendent minister of the Methodist Church in Tower Hamlets, said the project had significantly contributed to the wellbeing of many people.

"It has offered support and care to individuals, families and communities as well as initiating pieces of work on the Island which others have since developed and expanded," he said.

It ran the Docklands Women's Group, the John Tucker club for older people on the Barkantine Estate and a men's group.

"The Methodist Church recognises the enormous contribution its staff and volunteers on the Island have made to the success of the project and the quality of services it has been able to provide," Rev Kirkwood added.

Grand charity club

A NEW group has been formed to support education, employment and community projects in deprived areas.

Launched by the East End Community Foundation, the EECF 100 Club asks each member to pledge £1,000 a year, with all the money being used for charitable purposes.

Half of the donations will be used immediately with the other half invested to provide income for grants to be made to East End charities.

Ian Fisher, founding member of the club and trustee of the foundation, said: "In banking we have something called syndication, when we group together the commitments of investors ... and this is really the idea behind the 100 Club.

"By pooling resources we can make a bigger difference."

The club aims to attract 100 members by October 2015.

Visit **www.eastendcf.org** or call 7345 4552 for more information about how to join.

New café opens

A NEW café in Spitalfields will be serving up self-esteem and confidence alongside healthy, locally sourced home-made food.

The Canvas in Hanbury Street invites customers to write their thoughts, ideas, secrets and stories on its walls.

It also hosts workshops and classes on self-esteem and wellbeing, and offers use of its event space free of charge to charities and social enterprises

Have your say

on extending the Bakerloo line

We're considering options to extend the Bakerloo line south from Elephant & Castle station towards Lewisham, Bromley and Hayes.

To find out more and provide us with your views, please visit tfl.gov.uk/bakerloo-extension or call 0343 222 1234*

The consultation ends 7 December 2014

*Service and network charges may apply.

MAYOR OF LONDON

TRANSPORT FOR LONDON

EVERY JOURNEY MATTERS

Guests enjoying the stage show

Cockney night for the Stairway trust

DIAMOND gals and geezers came together for a Cockney night to raise funds to complete the memorial to the victims of the 1943 Bethnal Green Tube disaster.

Organised by the Stairway to Heaven Memorial Trust, the evening at the Bethnal Green Working Men's Club in Pollard Row featured a performance of the Majorettes Wartime Show, by Dream Worldwide Productions, plus singalongs and a sausage and mash meal, laid on by the club.

Compere was TV's DIY star and the charity's patron Tommy Walsh, who led an auction helping to raise a shade over £1,436 for the partially built Stairway to Heaven memorial in Bethnal Green Gardens.

When completed, the site will host a permanent memorial to the disaster in which 173 people, including 62 children, died in a crush near the entrance to the station.

Music from the Island

"The choir itself is all about the Island. It goes back a long time, to a small group of enthusiasts. The Isle of Dogs has changed hugely since the early 90s, and our membership reflects that."

ANDREW CAMPLING

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at **johnrennie@gmail.com**

WWW.EASTLONDONHISTORY.COM

History

Grandad's WWI diary brought to life in moving musical tribute

BY JOHN RENNIE

WHEN William Campling died in 1973 it was the end of a long life, and one lived well. Campling had given a lifetime's service to the Church, in parishes dotted around London, and had been made an honorary Canon at Southwark Cathedral.

Yet there was one large and significant part of that life which had remained secret. William, like many old soldiers, chose not to revisit the horrors he had seen in World War I... horrors which had tested his faith.

But as the family sorted through the attic of his last home, blowing dust off long-forgotten keepsakes, they discovered an extraordinary treasure – William's diaries of the dying days of the conflict.

They told stories of loss, anger and courage. And as the centenary of the Great War comes upon us, his grandson, East End composer Andrew Campling, has set those words to music in his Dona Nobis Pacem oratio. In the week of Remembrance Day, it will be performed by the London Docklands Singers at Southwark Cathedral.

The story the family uncovered was a remarkable one. The first words quoted from the diary are: "September 3rd 1918, Left England, Charing Cross, 12:25."

The extracts show William's faith being tested by the carnage around him. At times though, the Army chaplain's anger overflows. "October 3rd: lovely morning; arrived Fleurbaix by 4.30pm. Examined the ruined church.

"Nothing happened until we were sitting down for tea about 5.45. Shells came over and killed three men, including Lance Corporal Frost.

"A feeling of awe and misgiving seemed to come over everyone. It made my blood boil with rage.

"What a damnable business this militaryism... Lieutenant Aitken killed... shell burst his head – damnable and bloody."

William Campling in uniform

Throughout the horror of war, William keeps up the men's spirits with impromptu concerts. Somehow he arranges for a piano to be delivered to his billet at the front – and as the regiment moves, the piano moves with them.

William helps save the life of a wounded soldier, and his CO recommends him for the Military Cross.

The top brass however decide it's not a good idea to give medals to chaplains, and so his heroism goes un-noted. He takes care of a wounded man, at great risk to himself, and records "what a relief...felt very happy about it. I seemed to love the man".

At this point in the oratorio, the music includes a setting of Psalm 23, with the lines "yet even though I walk through the valley of the shadow of death, I will fear no evil".

In another section of the work the title piece of the oratorio, Dona Nobis Pacem, follows on from the narrator's reading of a letter William receives from a Mrs M Smith.

She thanks him for "sending me the news of my dear son Arthur... it was a great blow to me... Did Arthur say anything when he died, I should like to know?... If you have any of his belongings that he had on him when he was killed I should be so thankful for them."

Throughout, familiar musical motifs pop up – It's A Long Way To Tipperary and Abide With Me – and a haunting German folk song.

The concert at Southwark Cathedral also includes Vivaldi's gorgeous setting of Gloria, from which comes the evening's title Et In Terra Pax (and peace on earth).

But it's the evening's third piece, a belated world premiere of Sorrowful Dance by Cecil Coles, that is perhaps the most poignant of all.

Coles was a highly promising young composer who also wrote his music under fire.

As the bombs exploded around him, the 29-year-old worked patiently, scoring music and sending scripts back to his friend and mentor in London, Gustav Holst.

Like Campling, Coles' love of music was his gift to his fellows. Serving as Sergeant Bandmaster, he would organise impromptu concerts.

In April 1918, Coles was killed trying to rescue wounded soldiers from a wood near the River Somme, hit by a German sniper.

Unaware of the seriousness of his injuries, he was found humming Beethoven and, moments from death, he asked the medic if his piano playing would be affected.

The composer, with two young children, left a dedication of Sorrowful Dance "to my dear wife"; the documents and manuscript were found with fragments of shrapnel embedded.

The work was only rediscovered in the last few years, and has been recorded but not performed, until now.

Ninety-six years on, and William Campling's grandson is a ferociously busy man.

I catch him between Southwark Cathedral and St Paul's as he flies around London, tying down details for the concerts to come.

He is the director of the Thames Chamber Choir, the Marcel Sinfonia and chorus master of the Choir of the London School of Economics.

Five CDs of his music have been released, and his works have been performed in the Royal Albert Hall, St Paul's Cathedral (where he was a chorister in the 1960s) and the Purcell Room. But perhaps the role closest to heart and home is as director of the London Docklands Singers.

"I moved to the Isle of Dogs 29 years ago, when I was first teaching," he explains. "It was only going to be a brief stay, but I loved it. I love the place and the people, and I live on a beautifully quiet estate where I can work and play the piano without being disturbed."

And the choir is a very special part of Docklands, he believes. "We perform locally, of course, at Christ Church and All Saints in Poplar, But the choir itself is all about the Island. It goes back a long time, to a small group of enthusiasts. The Isle of Dogs has changed hugely since the early 90s, and our membership reflects that."

Today, the choir numbers some 50 singers, aged from 20 to 70 and above, from a wide variety of backgrounds and professions, living and working all over London and beyond.

But even for a musician so experienced, Dona Nobis Pacem (Latin for grant us peace) was challenging – technically and emotionally. Andrew struggled at points to set his grandfather's words to music.

"My father had said for some time that I should do it. It never seemed quite right, but now I'm in my fifties it seemed like time. But it was 18 months off and on... with some very difficult moments.

"There are many ways to remember their sacrifice. I'm so pleased to make my one, small addition to remembering these men and women."

We know from the work of war poets such as Wilfred Owen, Siegfried Sassoon, and of course young East Ender Isaac Rosenberg, that great beauty can come out of terrible suffering – Andrew describes Coles' piece as bitter sweet.

And so the evening at Southwark Cathedral will be one of celebration as well as sadness, as hundreds join together to remember the fallen, hear some marvellous music and raise money for an excellent cause, all proceeds going to Help For Heroes. Why not join them? Tickets are selling out fast but there are still some left for the transept seats.

Getting tickets for the concert:

Friday, November 7 at 7pm, Southwark Cathedral, SE1; tickets: £20 (concessions £18) and £6. More details at londondocklandssingers.org/concerts/et-in-terra-pax-2014

Book at brownpapertickets.com/event/591552 or by sending a cheque to LDS Tickets at 71 Friars Mead, Manchester Road, E14 3JY.

About the choir

- **The London Docklands Singers welcomes new members. It meets every Monday at 7.45pm in Christ Church, Manchester Road, Isle of Dogs (five minutes' walk from DLR Island Gardens).**
- **The choir, which has strong connections with the community, raises funds for both local and national charities. Recent concerts have seen more than £2,000 raised for Crisis and £10,000 for the Lin Berwick Trust (a disability charity).**

Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179

স্বাস্থ্য সম্মত খাবারের জন্য কাউন্সিলের কর্মপ্রচেষ্টা প্রশংসিত

বারার খাবার দাবারকে অধিকতর স্বাস্থ্যসম্মত এবং টেকসই করতে টাওয়ার হ্যামলেটস্ কাউন্সিলের কর্মপ্রচেষ্টা প্রশংসা কুড়িয়েছে। গুড ফুড ফর লন্ডন এর বার্ষিক রিপোর্টে লন্ডনের ৩৩টি বারার মধ্যে টাওয়ার হ্যামলেটস দ্বিতীয় স্থান অর্জন করেছে। সাসটেইন নামের চ্যারিটি সংস্থার লন্ডন ফুড লিঙ্ক এই রিপোর্ট প্রকাশ করেছে। বিস্তারিত পড়ুন নীচে -

REPORT PRAISES TOWER HAMLETS FOR HEALTHY FOOD

Performers including guitarist Xadeydi, singer Maryam Mursal and poet Weedhsame

Damaashaadka Somalida ee London

DAMAASHAADKII todobaadka Somalidu wuxuu ku dhammaadka sannadkan 2014 guul iyo lib aan la soo koobi karin.

Damaashaadkan oo sannad walba ay wada jir u soo qaban qabaqaabiyaan ururka kayd iyo redsea, wuxuu soo jiitey kumanyaal qof oo dalkan ingriiska ku nool, aad baana loo xi-iseeyey barnaamiyadii tayada lahaa ee lagu soo bandhigay.

Dhextaalka barnaamijkiisa sannadkan wuxuu ahaa mala awaal, oo uu aqoon, qoraa, abwaan Bashiir Sh Cumar Goth ku soo bandhigay, maansooyin mala awaal ah oo isagu tiriyey.

Gabayaa iyo hoobalo aad loo jecel yahay, ayaa iyaguna goob joogayaal ahaa. Xasan Daahir Warsame oo abwaan da'yar ah ayaa isaguna wacdaro ka muujiyey. Waxaa dad badan soo jiidatey hoobalada Amina Faarax.

Singer Amina Faarax

Wacadka qiiq la'aanta guriga iyo gaadhiga

Pledge for a smoke-free home and car – issue 1033

DDEGANAYAASHA waxaa laga codsanayaa in wacad ku galaan in ay yeeshaan guri iyo gaadhi laga hirey sigaarka.

Kooxda kawnsulka ee sigaar joojintu, waxay u darban yihiin ololaha in dadweynuhu ka in guriga iyo gaadhiga ku dhex cabbaan sigaarka, faraxashaan ku cabista guriga iyo gaadhiga dhexdiisa, gaar ahaan qoysaska ilmooleyda ah.

Carruur, abaydino iyo waaueel aan sigaarka cabin, ayuu qiiqisa sigaarka qaar kale ku garab cabaan, ku hayaa.

Ku wacad ku mara in ay ka hirayaan qiiqa sigaarka gurigooda iyo gaadhigooda, waxaa la siinayaa abaalmarin iyo in ay booqasho ku yimaadaan gurigooda, ciidamada dab damiska, si ay u arkaan.

Mayor Lutfur Rahman ayaa yidhi: "Guryaha iyo baabuurta uu qiiqa sigaarku ka reebana yahay, waxay qayb ka qadanayaan, cafimaadka guud ee gobolka." Cilmi baadhis la sameeyey ayaa muujinaysa in carruurta waalidiintoodu sigaar cabtaa ay boqolkiiba 90 ay u dhaw yihiin in ay sigaar cabbista bilaabaan iyaga laftoodu, halka kuwa ku nool meel sigaarku ka reeban yahay uu caafomaadkoodu ka sugan yahay.

Sid aad wacadkan u saxeexdo, gal **www.towerhamlets.gov.uk/smokefree** islamarkaana buuxi foomka. Faahin dheeraad ah wac 7364 5008 amma emayl u dir **healthandsafety@towerhamlets.gov.uk**

স্বাস্থ্য সম্মত খাবার-দাবারের গুরুত্ব তুলে ধরার ক্ষেত্রে টাওয়ার হ্যামলেটসের কর্মপ্রচেষ্টা প্রশংসিত

Report praises Tower Hamlets for healthy food – issue 1033

বারার খাবার দাবারকে অধিকতর স্বাস্থ্যসম্মত এবং টেকসই করতে টাওয়ার হ্যামলেটস্ কাউন্সিলের কর্মপ্রচেষ্টা প্রশংসা কুড়িয়েছে।

গুড ফুড ফর লন্ডন এর বার্ষিক রিপোর্টে লন্ডনের ৩৩টি বারার মধ্যে টাওয়ার হ্যামলেটস দ্বিতীয় স্থান অর্জন করেছে।

সাসটেইন নামের চ্যারিটি সংস্থা, যারা স্বাস্থ্যসম্মত খাবার-দাবার নিয়ে কাজ করছে, তাদের একটি অংশ লন্ডন ফুড লিঙ্ক এই রিপোর্ট প্রকাশ করেছে।

স্বাস্থ্যসম্মত খাবারের বিষয়টি গুরুত্বের সাথে তুলে ধরতে টাওয়ার হ্যামলেটস্ কাউন্সিল এক্ষেত্রে ১০ এর মধ্যে ৯ পয়েন্ট পেয়ে দ্বিতীয় স্থান অর্জন করেছে।

গতবার টাওয়ার হ্যামলেটসের অবস্থান ছিলো তৃতীয়।

মেয়র লুৎফুর রহমান বলেন, এ ক্ষেত্রে আমাদের এই সাফল্য নিয়ে আমরা গর্বিত এবং বারার বাসিন্দাদের স্বাস্থ্যসম্মত জীবন যাপনে অনুপ্রাণিত করতে আমরা আমাদের ক্ষমতা অনুযায়ি সবকিছু করার ব্যাপারে সব সময়ই বদ্ধপরিকর থাকবো। তিনি বলেন, দারিদ্র্যতার সূচকে বারার অবস্থান এবং কেন্দ্রীয় সরকারের কঠিন আর্থিক সংকোচন নীতি সত্বেও স্বাস্থ্যসম্মত ও টেকসই জীবন যাপনের ব্যাপারে জনসাধারণকে উদ্বুদ্ধ করতে আমরা প্রয়োজনীয় বিনিয়োগ অব্যাহত রাখবো। কারণ আমরা জানি যে, এর ফলে আমাদের বাসিন্দারা দীর্ঘ মেয়াদে লাভবান হবেন। কেবিনেট মেম্বার ফর হেলথ এন্ড ওয়েলবিয়িং সার্ভিসেস্, কাউন্সিলর আব্দুল আসাদ বলেন, স্থানীয়ভাবে গৃহিত উদ্যোগে নেতৃত্ব দেয়ার ক্ষেত্রে কাউন্সিলের উদ্যোগী ভূমিকার গুরুত্ব অপরিসীম। এর ফলে লন্ডন লিভিং ওয়েজ, ফেয়ারট্রেড স্ট্যাটাস এবং ব্রেস্টফিডিং এর মতো গুরুত্বপূর্ণ উদ্যোগে আমরা নেতৃত্বস্থানীয় ভূমিকায় রয়েছি।

তিনি বলেন, আমাদের ক্যাটারিং সার্ভিস সম্প্রতি 'বেস্ট ইন্ ব্রিটেন' হিসেবে ঘোষিত হয়েছে। এর অর্থ হলো, বারার স্কুল শিক্ষার্থী এবং মিলস্ অন হুইলস্ সার্ভিস গ্রহণকারী লোকজন টেকস্ই ও নৈতিক উৎস থেকে প্রাপ্ত তাজা ও স্বাস্থ্যসম্মত খাবার পাচ্ছেন।

The Rev Alan Green, chair of the Inter Faith Forum, with (from left) special constables Sameena Alam, Rob Sewell and Brenda Murray, and council officer Nazma Begum

ঘৃণাজনিত অপরাধ বিষয়ে সচেতনতা সপ্তাহ পালিত

Events mark Hate Crime Awareness Week– issue 1033

বারার আইডিয়া স্টোরগুলোতে ঘৃণাজনিত অপরাধ সম্পর্কে জনসচেতনতা বাড়াতে হেইট ক্রাইম এওয়ারনেস উইক পালিত হয়েছে। এসব অনুষ্ঠানে দুই শতাধিক বাসিন্দা উপস্থিত হয়েছিলেন বলে জানা গেছে।

টাওয়ার হ্যামলেটস কমিউনিটি সেফটি টিম, ভিকটিম সাপোর্ট সার্ভিস এবং পুলিশ ঘৃণাজনিত অপরাধ সম্পর্কিত তথ্য ও সার্ভিসেস সম্বলিত লিফলেট বিতরন করে ও বাসিন্দাদের সাথে এ ব্যাপারে কথা বলে।

ঘৃনা-বিদ্বেষজনিত অপরাধ বিষয়ে স্টলগুলো থেকেও পরামর্শ প্রদান করা হয়। কাউন্সিলের সাপোর্ট সার্ভিস সম্পর্কে তথ্য প্রদান করা হয় এবং পুলিশের নিকট কিভাবে রিপোর্ট বা অভিযোগ করতে হবে তা ও বলে দেয়া হয়।

এরিয়া ডিন অব টাওয়ার হ্যামলেটস রেভারেন্ড এলান গ্রীন হোয়াইটচ্যাপেলের আইডিয়া স্টোরের স্টাফদের সাথে যোগ দেন এবং এই জনপদে ঘৃনা বিদ্বেষের অবকাশ নেই আন্দোলনের নো প্লেস ফর হেইট ফোরামের ব্যাপারে তাঁর ভুমিকা পালন করেন।

ঘৃনা বিদ্বেষজনিত অপরাধ নির্মুল করার জন্যে বারার বহু বাসিন্দা নো প্লেস ফর হেইট ক্যাম্পেইনের সাথে জড়িত থাকার অঙ্গীকার করে স্বাক্ষর প্রদান করেছেন।

টাওয়ার হ্যামলেটসের মেয়র লুৎফুর রহমান বলেন, আমরা অত্যন্ত আনন্দিত যে হেইট ক্রাইম এওয়ারনেস উইকের প্রচারাভিযানের অংশ হিসাবে পুলিশ, ভিক্টিম সাপোর্ট এবং কাউন্সিল স্টাফ বারার বাসিন্দাদের নিকট মূল্যবান তথ্য পৌছে দিচ্ছেন।

কমিউনিটি সেফটি বিষয়ক কেবিনেট মেম্বার, কাউন্সিলর অহিদ আহমদ বলেন, কমিউনিটি সেফটি টিম, পুলিশ, ভিকটিম সাপোর্ট ও কাউন্সিল স্টাফদের এবং রেভারেন্ড এলান গ্রীনকে ঘৃণাজনিত অপরাধের বিরুদ্ধে বারার বাসিন্দাদের সচেতনতা সৃষ্ঠির জন্যে ধন্যবাদ জানাচ্ছি।

তিনি বলেন, এটা অত্যন্ত গুরুত্বপুর্ন যে আমরা ঘৃনা-বিদ্বেষ জনিত অপরাধের হাত থেকে স্থানীয় বাসিন্দা, এখানে কর্মজীবি জনসাধারণ ও পর্যটকদের জন্যে নিরাপদ রাখতে ঐক্যবদ্ধভাবে কাজ করে যাচ্ছি।

কাউকে যদি তার জাতীয়তা, ধর্ম, বর্ণ, লিঙ্গ, বয়স, যৌন সম্পর্কিত পরিচয়ের কারনে ঘৃনা-বিদ্বেষ করে তার উপর আক্রমন করা হয় তাহলে তা ফৌজদারি অপরাধ বলে গণ্য হবে।

যেকোন হেইট ক্রাইম সংঘটিত হলে তা ৯৯৯ বা নন-ইমার্জেন্সি হলে তা ১০১ এই নম্বরে ফোন করে জানাতে পারবেন। থার্ড পার্টি রিপোর্টিং সেন্টার এর ওয়েব সাইট হচ্ছে: **www.towerhamlets.gov.uk/hatecrime** অথবা ভিকটিম সাপোর্টের ০২০৭ ৩৬৪ ৭৯৭০/৭৭৯৭ এই নম্বরে ফোন করার জন্যে অনুরোধ করা হয়েছে।

‘পিপলস্ চয়েস এওয়ার্ড ২০১৪’ জিতলো ভিক্টোরিয়া পার্ক

লন্ডনের সবচেয়ে জনপ্রিয় পার্ক টাওয়ার হ্যামলেটসের ভিক্টোরিয়া পার্ক আবারও জাতীয় এওয়ার্ড জেতায় ২৯ অক্টোবর পুরো পার্ক মেতে ওঠেছিলো উৎসব মেজাজে। দেশের সবচেয়ে জনপ্রিয় সবুজ প্রান্তর হিসেবে ভিক্টোরিয়া পার্কের জাতীয়ভাবে স্বীকৃতি লাভকে উদযাপন করতে আয়োজন করা হয়েছিলো বিশেষ আনন্দ অনুষ্ঠানের। বিস্তারিত পড়ুন নীচে -

THREE CHEERS FOR VICKY PARK

ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

Mayor Lufur Rahman with Paul Todd from the Green Flag Award scheme, Steve Murray, head of arts, parks and events at the council, and Tower Hamlets community development officer Dave Hime

ভিক্টোরিয়া পার্ক আবার জিতলো ‘পিপলস্ চয়েস এওয়ার্ড ২০১৪’

Three cheers for Vicky Park – page 7

লন্ডনের সবচেয়ে জনপ্রিয় পার্ক টাওয়ার হ্যামলেটসের ভিক্টোরিয়া পার্ক আবারও জাতীয় এওয়ার্ড জেতায় ২৯ অক্টোবর পুরো পার্ক মেতে ওঠেছিলো উৎসব মেজাজে।

দেশের সবচেয়ে জনপ্রিয় সবুজ প্রান্তর হিসেবে ভিক্টোরিয়া পার্কের জাতীয়ভাবে স্বীকৃতি লাভকে উদযাপন করতে আয়োজন করা হয়েছিলো বিশেষ আনন্দ অনুষ্ঠানের। মেলার নানা আয়োজন, রণ-পা ধারীদের হেঁটে বেড়ানো, শিশুদের জন্য নানান ধরনের বিনোদন ব্যবস্থা উপস্থিত সকল বয়সী মানুষকে মাতিয়ে রাখে।

ভিক্টোরিয়া পার্ক জাতীয়ভিত্তিক এক প্রতিযোগিতায় কঠিন প্রতিদ্বন্দ্বিতা করে “পিপলস্ চয়েস ২০১৪” শিরোপায় ভূষিত হওয়ায় ২৯ অক্টোবর আয়োজন করা হয় কমিউনিটি ফান ডে অনুষ্ঠানের।

কীপ বৃটেন টাইডি নামের চ্যারিটি সংগঠনের উদ্যোগে আয়োজিত কম্পিটিশনে ভিক্টোরিয়া পার্কের পক্ষে ৩২ হাজার লোক ভোট দেন। সারা দেশের ১৪৮২ টি গ্রীণ ফ্ল্যাগ এওয়ার্ড বিজয়ী সাইটের শীর্ষে অবস্থান করে ভিক্টোরিয়া পার্ক জিতে নেয় পিপলস্ চয়েস এওয়ার্ড। ২০১২ সালেও এই এওয়ার্ড জিতেছিলো ভিক্টোরিয়া পার্ক। ২০১৩ সালে হয়েছিলো রানার-আপ।

২৯ অক্টোবর টাওয়ার হ্যামলেটসের মেয়র, লুৎফুর রহমান পার্কের হাব বিল্ডিংয়ে আনুষ্ঠানিকভাবে ফলক উন্মোচন করেন। এসময় পার্ক স্টাফ, কীপ বৃটেন টাইডি এর কর্মকর্তাবৃন্দ, গ্রীণ ফ্ল্যাগ এওয়ার্ড ম্যানেজার পল টড এবং পার্ক ব্যবহারকারীগণ উপস্থিত ছিলেন।

মর্যাদাকার এই এওয়ার্ড জেতার পেছনে যারা অবদান রেখেছেন, তাদের সকলকে অভিনন্দন জানান মেয়র লুতফুর রহমান।

তিনি বলেন, এ ধরনের কমিউনিটি ইভেন্ট আয়োজন করায় বাসিন্দারাও এই চমৎকার এওয়ার্ড এর সাথে নিজেদের সম্পৃক্ততা অনুভব করার সুযোগ পেলেন। দীর্ঘ কাল ধরেই আমরা জানি যে ভিক্টোরিয়া পার্ক একটি অসাধারণ পার্ক এবং এটি আবারও জাতীয়ভাবে স্বীকৃতি লাভ করায় আমি খুবই সন্তুষ্ট।

কেবিনেট মেম্বার ফর কালচার, কাউন্সিলর শফিকুল হক বলেন, আমাদের এই বারায় শতাধিক পার্ক ও উন্মুক্ত স্থান রয়েছে, যা স্থানীয় জনসাধারণের পাশাপাশি এখানে বেড়াতে আসা লোকজনও ব্যবহার করে থাকেন। আমাদের সকল পার্কের রক্ষণাবেক্ষনের মান সর্বোচ্চ পর্যায়ে রাখতে পারা নিয়ে কাউন্সিল গর্বিত।

জনস্মিথ সেন্টারে অনুষ্ঠিত হলো কর্মসংস্থান বিষয়ক বিশেষ অনুষ্ঠান

Employment event at children’s centre – page 18

যারা কাজ খুঁজছেন তাদের কর্মসংস্থানের জন্যে ট্রেনিং, কর্মশালা বা কাজের অভিজ্ঞতা লাভের সুযোগ করে দিতে এক অনুষ্ঠানের আয়োজন করা হয়েছিল।

এই অনুষ্ঠানে কর্মদাতা প্রতিষ্ঠানগুলো ছাড়াও যেসব ভলান্টারি সংস্থা কোর্স, ট্রেনিং বা কাজের অভিজ্ঞতা লাভের ব্যবস্থা করে থাকে তাদের প্রতিনিধিরা উপস্থিত ছিলেন।

স্টেপনি রোডে অবস্থিত জনস্মিথ চিলড্রেন সেন্টারে এই অনুষ্ঠান আয়োজনের মাধ্যমে কাউন্সিল অভিভাবকদের জন্যে কর্মসংস্থানের ব্যবস্থা করতে আরেকটি উদ্যোগ নিল। অনুষ্ঠানে বেশ কিছু স্থানীয় সংস্থা অভিভাবকদের তথ্য ও পরামর্শ দিয়ে সহযোগিতা করে।

Visitors at one of the information stalls

টাওয়ার হ্যামলেটসের মেয়র লুৎফুর রহমান এ ব্যাপারে মন্তব্য করতে গিয়ে বলেন, এই অনুষ্ঠান প্রমান করে যে আমরা বারার বাসিন্দা অভিভাবকদের কর্মসংস্থানের ব্যবস্থা করার ব্যাপারে প্রতিশ্রুতিবদ্ধ।

এডুকেশন এন্ড চিলড্রেন সার্ভিসেস বিষয়ক কেবিনেট মেম্বার, কাউন্সিলর গোলাম রব্বানি বলেন, কাউন্সিল কী ভাবে শিশুদের অভিভাবকদের কাজ পাওয়ার জন্যে সহযোগিতা করছে, এই অনুষ্ঠান হচ্ছে তারই আরেকটি উৎকৃষ্ট উদাহরণ। কর্মসংস্থানদাতাদের এখানে এনে উপস্থিত করানোর মধ্য দিয়ে কাউন্সিল তার প্রচেষ্টার স্বাক্ষর রাখলো।

দিন ব্যাপি অনুষ্ঠানে তিনটি ওয়ার্কশপ অনুষ্ঠিত হয়। এ ছাড়াও ছিল শিশুদের জন্যে মুখে রঙ মাখা, হাতে মেহদি মাখা, ময়দা মাখানো ও বাউন্সি ক্যাসল ইত্যাদি।

যেসব সংস্থা এতে উপস্থিত ছিল তারা হচ্ছে, স্কিল ম্যাচ, টাওয়ার হ্যামলেটস কলেজ, জন সেন্টার প্লাস, ফুড সাইকল, একাউন্টস থ্রি, ব্রমলি বাই বো সেন্টার, আইডিয়া স্টোর, হোম স্টার্ট এবং প্যারেন্টাল এনগেজম্যান্ট টিম।

News in brief

মাসব্যাপি বাংলা নাট্যোৎসব ২০১৪

এ সিজন অব বাংলা ড্রামা নামের মাসব্যাপি বার্ষিক নাট্যোৎসব ২০১৪ টাওয়ার হ্যামলেটসের বিভিন্ন ভেন্যুতে শুরু হচ্ছে পয়লা নভেম্বর থেকে।

কাউন্সিলের উদ্যোগে আয়োজিত এই বার্ষিক বাংলা নাট্যোৎসব এবার বারো বছরে পা দিলো। ১ থেকে ৩০ নভেম্বর অনুষ্ঠিতব্য এই উৎসবে অনেকগুলো অত্যন্ত উঁচুমানের প্রোডাকশন উপস্থাপন করা হবে।

প্রায় ২২টি প্রোডাকশনের মধ্যে যেমন থাকবে শেকসপিয়ার, বেকেট ও রবীন্দ্রনাথ ঠাকুরের অসাধারণ কিছু নাটক, তেমনি অভিবাসীদের জীবন ও আত্মপরিচয়, উত্তরাধিকার, ভালোবাসা, দ্বন্দ্ব-সংঘাত ইত্যাদি নানা চিত্রকে অবলম্বন করে রচিত নতুন নাটকের মঞ্চায়ন। বহু সংস্কৃতির দর্শকরা এ্যাংলো-বালা থিয়েটারের

নানা দিক্ সম্পর্কে জানার সুযোগ পাবেন এই উৎসবে।

মেয়র লুতফুর রহমান বলেন, প্রতিবারের মতো এবারও এই বাংলা নাট্যোৎসবে আমাদের প্রতিভাবান নাট্যকার ও শিল্পীদেরকে যথাযথভাবে তুলে ধরা হবে। বৈচিত্র্যময় পরিবেশনাগুলোর কারণে এ সিজন অব বাংলা ড্রামা ব্যাপকভাবে জনপ্রিয় একটি বার্ষিক ইভেন্টে পরিণত হয়েছে।

সংস্কৃতি বিষয়ক কেবিনেট মেম্বার, কাউন্সিলর শফিকুল হক বলেন, এ বছর আমাদের উৎসবের লাইন-আপ খুবই চমৎকার, যা দর্শকরা উপভোগ করবেন।

উইলিয়াম শেকসপিয়ারের রোমিও এন্ড জুলিয়েট শত শত বছর ধরে সকল সংস্কৃতির সীমানা অতিক্রম করে চলেছে। মুকুল এন্ড ঘেটো টাইগার্স অমর এই নাটকের বাংলা সংস্করন কবিতা, নৃত্য ও সুরের মুর্চ্ছনায় উপস্থাপন করবে উৎসব মঞ্চে।

নাটকের মঞ্চায়ন ছাড়াও প্রদর্শনী, আলোচনা অনুষ্ঠিত হবে।

আজীবন সম্মানণা পেলেন প্রবীণ রেস্টুরেটার্স তাইয়েব

বিগত ৪০ বছর ধরে কারি ইন্ডাস্ট্রিতে বিশেষ অবদান রাখার জন্যে পূর্ব লন্ডনের তাইয়েব রেস্টুরেন্টকে জাগুয়ার এওয়ার্ড অফ এক্সেলেন্সে ভূষিত করা হয়েছে।

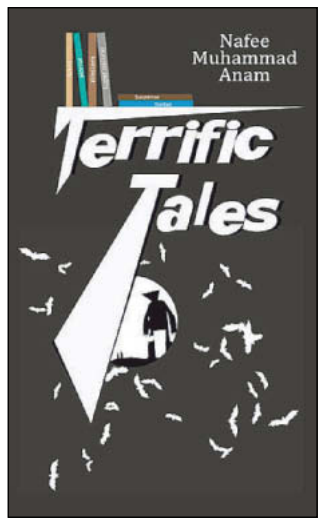
লন্ডনের ল্যাঙ্কাস্টার হোটেলে আয়োজিত এক আড়ম্বরপুর্ন বর্নাঢ্য অনুষ্ঠানে তাইয়েব রেস্টুরেন্টের সত্বাধিকারি মি: তাইয়েব এর পক্ষে তার পুত্র ওয়াসিম তাইয়েব এম্পলয়মেন্ট মিনিস্টার ইস্তার ম্যাক বে এর কাছ থেকে পুরস্কার গ্রহন করেন।

জানা গেছে, ১৯৬৪ সালে তাইয়েব লন্ডন আসেন। তার বাবা ছিলেন একজন শিক্ষক। লন্ডনে আসার পর তিনি গার্মেন্টিস ফ্যাক্টরিতে কাজ করতেন। যেহেতু তিনি পরিবার পাকিস্তানে রেখে এসেছিলেন তাই মার কাছ থেকে শেখা রান্নার কৌশল দিয়ে নিজেই রান্না-বান্নার কাজ করতেন। প্রতি রবিবার সহকর্মীদের জন্যে তিনি রান্না করতেন।

১৯৭২ সালে ফিল্ডগেইট স্ট্রীটে একটি ছোট ক্যাফে বন্ধ হয়ে যাওয়ার পর তাইয়েব ওখানেই রেস্টুরেন্ট খুলেন। এরপর তাকে আর পেছনে ফিরে তাকাতে হয়নি। ব্যবসা সফল তাইয়েব এই সত্তুর বছর বয়সেও রেস্টুরেন্টের খাবারের দিকে খেয়াল রাখেন।

এম্পলয়মেন্ট মিনিস্টার এস্তার মেকবে বক্তব্য রাখতে গিয়ে বলেন, ক্ষুদ্র ব্যবসাগুলো দেশের অর্থনীতির জীবনি শক্তি হিসাবে কাজ করছে। সরকার ক্ষুদ্র শিল্পগুলোকে সহায়তা প্রদান করে চলেছে বলে তিনি জানান।

এওয়ার্ড অনুষ্ঠানের উদ্যোক্তা সৈয়দ নাহাস পাশা বলেন, সুস্বাদু এবং উপাদেয় খাবার পরিবেশনে মি: তাইয়েব যে ঐতিহ্যের সৃষ্ঠি করেছেন এতে রন্ধন শিল্পের প্রতি তার একনিষ্ঠতা ও প্রতিশ্রুতির পরিস্ফুটন ফুটে উঠেছে। এই প্রতিষ্ঠানটি টাওয়ার হ্যামলেটসে সম্মুখসারিতে অবস্থান নিয়েছে।



‘ডরর কিচ্ছা’র ইংরেজী সংস্করন ‘টেরিফিক টেইলস্’ প্রকাশিত

টাওয়ার হ্যামলেটসের বাসিন্দা নাফি মোহাম্মদ আনাম এর লেখা ভৌতিক, রোমাঞ্চকর, অতিপ্রাকৃত, বৈজ্ঞানিক কল্প কাহিনী ভিত্তিক ৩১টি ছোট গল্পের সংস্করন ‘টেরিফিক টেইল’ প্রকাশিত হয়েছে।

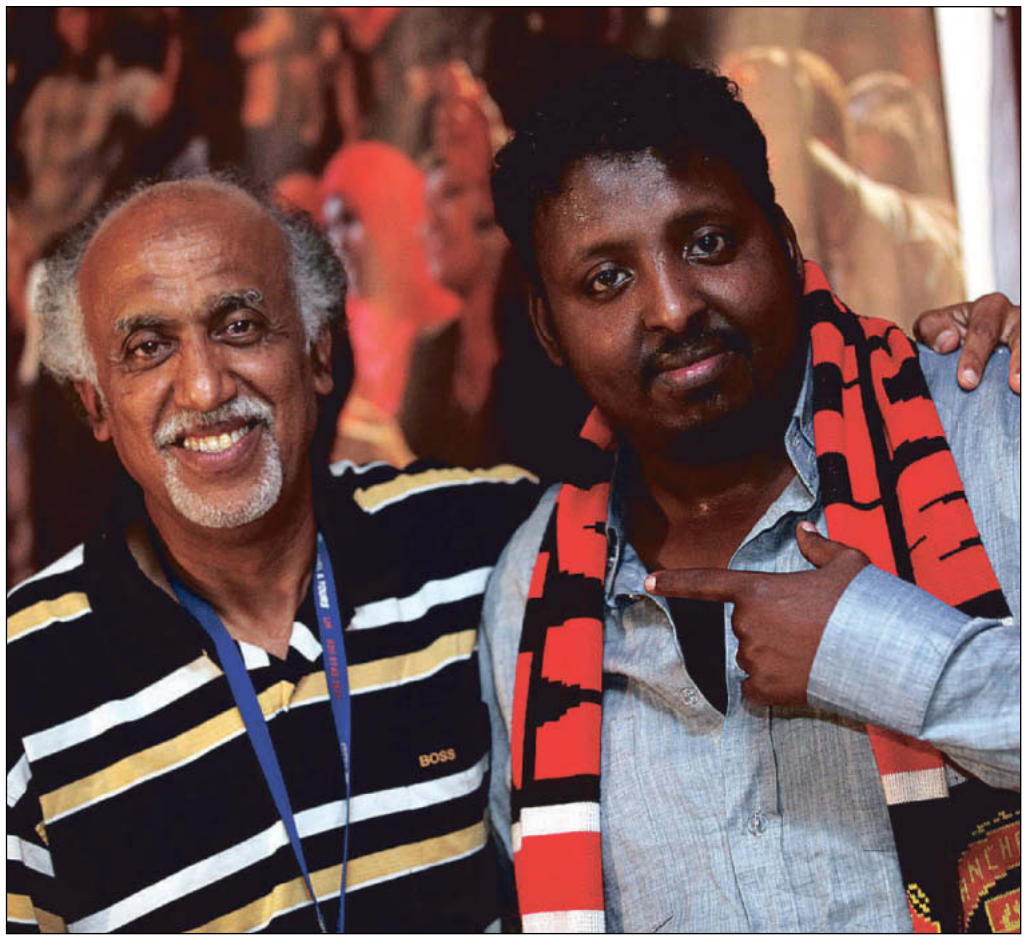
নাফি মোহাম্মদ আনাম এক সময় বাংলায় লিখতেন। তার লেখা বাংলা বই ‘ডরর কিচ্ছা’ প্রকাশিত হয় ২০১২ সালে। পরবর্তী পর্যায়ে শারমিন আকতার এই বইটি ইংরেজিতে অনুবাদ করেন যার নামকরন করা হয়েছে টেরিফিক টেইল-এই বইটি পেপারব্যাকে ছাপা হয়েছে।

৩১ শে অক্টোবর থেকে বইটি আমাজন ডট কম, আমাজন কিনডল এবং আইবুকে পাওয়া যাচ্ছে বলে জানানো হয়েছে।

■ The above stories are: A Season of Bangla Drama – see Get A Life; restaurant owner Tayyab receives award; Terrific Tales published.

A packed programme of events ensured there was plenty to fuel the imagination, the theme of th

Visiting artist Shay Mire



Mohamed Maalow Nuur and Kun Ciil

'Festival was abs

IT was standing room only at Bethnal Green's Oxford House last Sunday for the final night of the Somali Week Festival – which reflected the success of the whole week's events.

Crowds of disappointed people were turned away from Final Beats, an evening of entertainment with legendary performers including Maryan Mursal, Hudaydi, Amina Farah and Shay Mire.

But the week's programme, this year with the theme of Imagination, had its serious side as well.

There were sessions on strengthening the campaign to end the practice of female genital mutilation, organised by the Ocean Somali Community Association, and another on empowering women.

Entitled Educate a Girl: Empower a Woman, this was organised with Adeso, an organisation that has worked for more than 15 years in providing non-formal education in pastoral and nomadic communities in Somalia.

Speakers included Bow East councillor Amina Ali, film maker Leyla Bile and journalist and youth activist Hanan Bihl.

Later in the week a report by the Open Society Foundations, entitled Somalis in London, was launched and debated at a crowded and vocal session.

The report explores the views and experiences of Somali communities in the capital, focussing on issues such as education, housing, health and political and civic participation.

The report found there were many challenges ahead but that there were also strong examples of engagement within the communities at a local level.

Poetry and the spoken word is an important part of the Somali tradition and featured strongly in the festival programme.

As well as exploring how the topic of imagination related to Somali poetry and literature, sessions included collaborations on translating works into English, women's literature and activism, and poetry readings by poets and writers themselves.

Ayan Mahamoud, managing director of Kayd Somali Arts and Culture which organised the week-long festival, said it was the best one yet.

(Left) Baar Hersi performs at Final Beats (Right) Maryan Mursal welcomes the legendary Hudaydi, known as King of the Lute

his year's Somali Week Festival, as **Laraine Clay** reports. Photos by **Rehan Jamil** and **Kois Miah**.

Maryan Mursil (back) with Amina Farah at the Final Beats concert

Bow East councillor Amina Ali at the Educate a Girl: Empower a Woman event

olutely the best'

"It was amazing, I think people are getting to know the festival better and the mix of artists, scholar and activities was good," she told East End Life.

"To have such great contributors uplifted the festival too. Every year you think it was a good year, then the next year you improve. This was absolutely the best."

Ayan said she was pleased that so many young people got involved, among the audiences and volunteering behind the scenes.

The festival also remembered those who have had an influence on the community but who have recently died.

A whole evening was dedicated to the late actor Abdi Gouhad, who died of pancreatic cancer in January this year, aged 69.

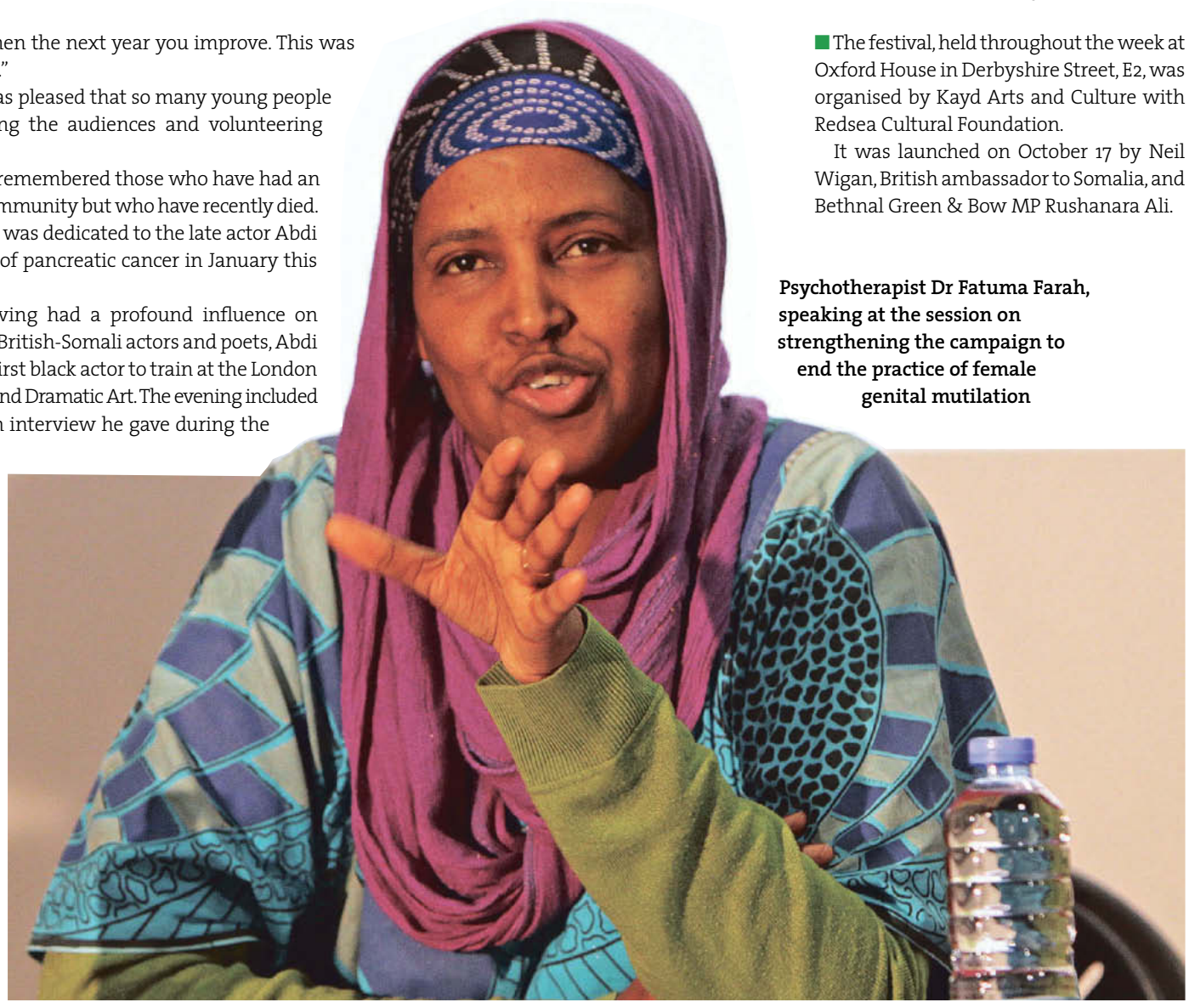
Described as having had a profound influence on second generation British-Somali actors and poets, Abdi was said to be the first black actor to train at the London Academy of Music and Dramatic Art. The evening included the screening of an interview he gave during the 2012 Somali Week Festival.

During the session on FGM, tribute was also paid to Efua Dorkenoo who died from cancer, aged 65, on October 20.

A nurse, she spent more than three decades campaigning to end the practice of FGM. From 1995 until 2000 she worked at the World Health Organisation where she brought the subject to a wider audience. Her work was recognised with the awarding of an OBE in 1994 and in February this year, she was appointed a senior FGM adviser at rights group Equality Now. She spearheaded an African-led social change campaign, The Girl Generation: Together to End FGM, which formally launched in London and Nairobi, Kenya on October 10.

The festival, held throughout the week at Oxford House in Derbyshire Street, E2, was organised by Kayd Arts and Culture with Redsea Cultural Foundation.

It was launched on October 17 by Neil Wigan, British ambassador to Somalia, and Bethnal Green & Bow MP Rushanara Ali.



Psychotherapist Dr Fatuma Farah, speaking at the session on strengthening the campaign to end the practice of female genital mutilation

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

The Government is changing benefits

Prepare and act now

The Government is changing the benefits system as part of its plans for welfare reform. If you are claiming benefits, you may be affected.

Households who are not in work or have less than 24 hours work per week will be affected most.

The impact of these changes could be serious and some household may no longer be able to afford their current housing costs.

Tower Hamlets Council and its partners are helping prepare residents for the upcoming benefit changes. This includes support with:

- Getting information and advice
- Managing your money
- Finding work and training opportunities

For more information about the changes visit the government website www.dwp.gov.uk or call their helpline on 0845 605 7064, or textphone 0845 608 8551.

Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.tower hamlets. gov.uk/data/ your-council/data/forward-plan/forward-plan.cfm

Meetings

Tuesday, November 4

6.30pm: Licensing sub-committee

Business includes applications for new premises licences for: Inito, Unit 6, 31 Bell Lane, E1; Lonzo, 10A Lamb Street, E1; and Poplar Spice Ltd, 185 East India Dock Road, E14. Also application to review premises licence for Bethnal Green Food Centre, 438 Bethnal Green Road, E2.

For details call 7364 4120 or email simmi.yesmin@ towerhamlets.gov.uk

4pm: Extraordinary licensing sub-committee

Business includes applications for a new premises licence for The Grocer, 4 Crispin Square, Crispin Place, E1 and to review premises licences for Sweetpoint, 2 Old Montague Street E1 and SD Retail, 2 Spey Street, E14.

For more information contact Simmi Yesmin (details above).

7.15pm: Overview & scrutiny committee

The agenda includes reports on removing barriers to youth employment, complaints and information governance. The meeting will also consider a request from the September council meeting re a judicial review on the recent best value inspection.

More details on 7364 4333 or email angus.taylor@ towerhamlets.gov.uk

Wednesday, November 5

5.30pm: Cabinet

For more information call 7364 4651 or email matthew.mannion@ towerhamlets.gov.uk

Thursday, November 6

7pm: Strategic development committee

Planning applications due for consideration include: demolition of buildings at South Quay Plaza, 183-189 Marsh Wall, E14 and construction of two mixed-use buildings of up to 68 and 36 storeys with 888 residential units; construction of two buildings of 55 and 50 storeys for 756 residential units at Arrowhead Quay, east of 163 Marsh Wall, E14.

More details from 7364 4877 or email zoe.folley@ towerhamlets.gov.uk

Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

Planning

E1

245 Mile End Road – three-storey extension to building comprising of three self-contained flats with front access and extension of outbuilding to convert into one self-contained flat.

5-7 Umberston Street – demolition of existing manufacturing/storage and distribution use buildings and erection of five-storey (plus basement) building to provide seven residential units and two commercial units at basement and ground floor level.

E2

Unit 4-5, 32-42 Bethnal Green Road – installation of new glazed shopfront and entrance to units 4 & 5.

E3

Flat 415, Omega Works, 4 Roach Road – application for certificate of lawfulness re existing use as residential dwelling.

8 Tredegar Square – replacement of lower ground floor side extension at rear with new conservatory, opening up wall between kitchen and living room.

E14

Flat 11, Atlantic Court, 10 Jamestown Way – replacement of windows with sliding doors on south and west elevations; installation of corner window; replacement of balcony wall with metal railings; replacement of all existing timber window frames with metal or uPVC windows.

Site at NE junction of Morris Road & Rifle Street fronting Morris Road – installation of shopfront to commercial unit at ground floor, facing Morris Road, Fawe Street and Rifle Street, including glazing, stall riser, doors and refuse doors.

This is not a definitive list of all current planning applications.

For more details go to the council's website at www.towerhamlets.gov.uk and click on Planning & Building.

Helping parents into work

PARENTS explored job opportunities at an event at John Smith Children's Centre in Stepney.

They could speak to employers, training providers and volunteer agencies about jobs, placements and courses at the Pathways to Employment event last month.

It was part of the support the council offers to parents seeking work.

Over the past year, children's centres have helped 260 parents into work, training or apprenticeships.

Face painting, henna painting, play dough and a bouncy castle kept children occupied so parents could take part in three workshops.

Cabinet member for education and children's services, Cllr Gulam Robbani, said: "Pathways to Employment is another example of how council services are assisting parents to find work."

Organisations in attendance included Skillsmatch, Tower Hamlets College, Age UK, Jobcentre Plus, Foodcycle, account3, Bromley by Bow Centre, Idea Stores, Home Start and the council's parental engagement team.

Also present were Gateway Housing, Southern Housing Group, Maternity Mates, Limehouse Project, Tower Skills Recruitment Services, and Parents Point.

Drug treatment providers

Community Drug Team
Substitute prescribing, key working, health screening & referral to residential treatment.
71 Johnson Street, E1.
7790 1344
www.lifeline.org.uk

Nafas
Support with a focus on Bangladeshi community.
The Davenant Centre, 179-181 Whitechapel Road, E1
7377 0676.

Harbour Recovery Centre
In-patient detox for 18+ males.
Riverside House, 4th Floor, 20 Garford Street, E14.
7538 9421

Young People's Service
Treatment for under-19s
Unit 26, Skyline Village, Limeharbour, E14.
3069 7878
www.lifeline.org.uk

Isis
For women aged over 18
c/o Hopetown Hostel, 60 Old Montague Street, E1.
7426 0399
www.compass-uk.org

Community Alcohol Team
Unit 22, Skylines Village Limeharbour, E14.
0800 008 7200
www.rapt.org.uk

Somali Substance Misuse
Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi.
Mind in Tower Hamlets & Newham, Open House
13 Whitethorn Street, E3.
7510 1081

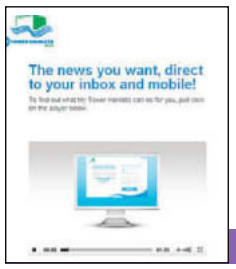
TUITION CENTRE

ENGLISH >> MATHEMATICS >> PHYSICS >> CHEMISTRY

RECEPTION
KEY STAGE 1 2 3
GCSE A LEVELS
DISCOUNTS AVAILABLE

OPEN DAY: 09TH NOVEMBER 2014 10AM-5PM

ROOM 301 WATERLILY, 10 CLEVELAND WAY, STEPNEY GREEN E1 4UF T: 020 7423 9517 | 020 7205 2095



Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK

Did you get it?

Last week's photo was taken at the Tower of London.

Council information

Town Hall

Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG. 7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance – 7364 5007
Employment & skills service (Skillsmatch) – 7364 3727
Environmental health, trading standards & licensing – 7364 5008
Planning & development – 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364 5015
Healthline – 7364 5016

General enquiries

Council enquiries – 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice (E14) – 7364 7507
Housing advice (E1, E2 or E3) – 7364 3558
Homeless service – 7364 7474
Choice-based lettings – 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department, call the switchboard on 7364 5000.

Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Report it!

To report an incident, use these 24-hour freephone numbers:
Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available 0800 279 5434 (office hours)

24-hour domestic violence national helpline
0808 2000 247

Haven Whitechapel (sexual assault referral centre)
7247 4787

Karma Nirvana (Honour Network Helpline)
0800 5999 247

Broken Rainbow (LGBT domestic violence)
0845 260 4460

Black Women's Health & Family Support
8980 3503

Rights of Women (legal advice)
7251 6577

Victim Support Line
0845 30 30 900

Victim Support Tower Hamlets
8555 8254

NSPCC Child Protection Helpline
0800 800 5000

Childline
0800 1111

Shelterline
0808 800 4444

Respect (for perpetrators)
0845 122 8609

Reunite (advice about child abduction)
0116 2556 234

Men's Advice Helpline
0808 8010 327

Samaritans
08457 909090

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants and leaseholders. 7702 8305

Trading standards
Consumer Direct: 08454 040506

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney& Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm. 7364 1290; email localhistory@towerhamlets.gov.uk

Train to teach at our Tower Hamlets campus

Find out more at our PGCE Open Evening
12 November 2014
Book now at www.cumbria.ac.uk/openday

THE LEADERSHIP & MANAGEMENT AWARDS 2014 WINNER | OUTSTANDING STUDENT SERVICES TEAM

University of Cumbria

Landlords, 3 months rent in advance

1-5 Years Guaranteed Rental Scheme

- ✔ 0% Commission
- ✔ Fully Managed Service
- ✔ No Void Period
- ✔ Inspections every 8-12 weeks

Your rent is guaranteed each month even if your property is empty!

Find out more →

* Terms & conditions apply

Properties Urgently Required in all East London Boroughs & Essex

elliotleigh.com 020 8983 4444

Visit our website for full details www.elliotleigh.com

READY... SET ...LET!

GUARANTEED RENT WITH HAMLETTS

- ✓ 1-5 Years Guaranteed Rent
- ✓ Start Rent Immediately
- ✓ No Fee
- ✓ No Commission
- ✓ No Void Periods
- ✓ Full Management
- ✓ Dedicated Maintenance Team
- ✓ Free Inventory and Quarterly Inspection
- ✓ Free Refurbishment & Maintenance
- ✓ Free Energy Performance Certificate
- ✓ Free Gas Safety Certificate
- ✓ Free Electrical Safety Certificate

REFER A FRIEND & RECEIVE £500*

CALL NOW:
020 8980 3377

hamletts.com
the property management company

236 ROMAN ROAD, LONDON, E2 0RY
EMAIL: INFO@HAMLETTS.COM
TEL: 020 8980 3377 FAX: 020 8980 9434

*Terms and conditions apply

Brightening your garden all year round

With moderate rainfall and temperatures, autumn is the best season to plant trees. While some flower beautifully in spring, trees such as the acer, left, provide stunning autumnal colour.

SEE BELOW

Time to plant a tree!

National Tree Week, from November 29-December 7, celebrates the start of the winter tree planting season.

WWW.TREECOUNCIL.ORG.UK

Property

Plant of the Month from the Horticultural Traders Association

NOVEMBER is often considered as nature's time to plant, due to moderate temperatures and rainfall.

It allows plants to root and acclimatise before the harsher temperatures of winter.

It's also a good time to plant trees before the ground gets too hard or frozen. Trees planted in the autumn will experience less stress and require less watering and aftercare than those planted in spring or summer.

From flowering cherries and crab apples to evergreen yews and weeping willows, trees offer different leaf size, shape and colour. There are those that flower magnificently in spring and those whose leaves offer brilliant autumn colour.

By planting trees you can also reduce or improve your carbon footprint and generally enhance the environment.

There are plenty of small, beautiful trees to choose from, such as malus, prunus, betula and sorbus.

TOWER Hamlets Community Housing held its annual staff and friends Black History Month lunch last Wednesday, as part of the housing association's two-week exhibition celebrating the arts, culture and achievements of the African and Caribbean community. Guests, including the council speaker Cllr Abdul Chunu Mukit, were able to take a look through the memorabilia, photos and stories which made up the exhibition before enjoying traditional Caribbean dishes and home-cooked food brought in by staff. The exhibition at the THCH head office at 285 Commercial Road, Stepney closed on October 31. (Pictured above) Mary, daughter Lisa and granddaughter Aleisha plus Auntie Flo at the Black History Month lunch.

Beware identity fraud

BY PETER FAULKNER

PEOPLE living in blocks of flats could be the target of criminal gangs trying to steal their identity.

Fraud investigators believe crooks are deliberately targeting communal letterboxes to steal mail and subsequently commit fraud and identity theft.

The intelligence has been uncovered by Financial Fraud Action UK, based in Thomas More Square, Wapping, and they have warned that residents across London are at risk following an increase in cases in recent weeks.

FFA's fraud intelligence bureau has seen cases of 'mail non-receipt' fraud increase by ten per cent to £5 million in the first half of 2014.

The scam involves criminals gaining access to blocks of flats and stealing letters from communal letterboxes which can be broken, unlocked or sometimes never used at all, as mail is simply placed at the entrance door.

Mailboxes may contain new debit and credit cards in the name of the flat owner and they can use these to purchase goods or withdraw cash.

Alternatively they can use the personal and financial information to obtain credit cards and debit cards, while cheque books can also be stolen and used to make fraudulent transactions.

Even when fraudsters fail to get their hands on documents containing financial information, there is still a treasure trove of information they can exploit.

Some may steal utility bills that are then used to commit ID theft or to make bogus loan claims. Even the most basic of personal data can be used – for example, phone scammers who impersonate the police or a bank are able to make their calls more convincing by using the information gleaned from stolen documents.

Katy Worobec, director of Financial Fraud Action UK, said: "Letters and packages can be a key source of information for criminals aiming to defraud you, so make sure your mail collection points are as secure as they can be.

"Documents containing personal or financial information are of particular value to fraudsters, so keep a special look out if you're expecting to receive something important."

FFA UK is providing the following advice to residents to avoid becoming a victim:

- Make sure your letterbox, or the place where your mail is left for you, is secure and cannot be accessed by anyone else.
- Report any damage to your landlord or letting agent immediately.
- Don't leave mail uncollected for long periods.
- If you are changing your address, tell your bank, card issuer and other important organisations immediately.
- If you are not going to be able to pick up your mail for a few days, ensure that someone trustworthy can collect it instead, or use a mail collection service.
- Know the dates you are due to receive bills and bank statements, and where possible receive them electronically.
- If your bank offers the option, consider picking up new cards or cheque books in person.
- On moving house, use a mail redirection service.
- If you suspect your mail has been stolen, contact the sender immediately and Royal Mail.

Visit **www.financialfraudaction.org.uk**

News in brief

Regen shortlist

THE borough has four shortlisted entries in the London Planning Awards for 2015, which celebrate the outstanding contribution of planners to the capital's urban regeneration.

The Tower Hamlets projects come under four categories:

Best New Place to Work – Pill Box, Bethnal Green by Workspace Group;

Best Conceptual Project – St Clement's Hospital, Bow by John Thompson & Partners;

Best New Place to Live – Vivo & So Stepney by Levitt Bernstein, Murdoch Wickham, East Thames Group, First Base, Spitalfields Housing Association, Bellway Homes Ltd, Tower Hamlets Council;

Best Project Five Years On – Bow Cross by Swan Housing Association.

Mayor Boris Johnson, who will present the awards next February at City Hall, said: "These awards shine a light on the crème de la crème of the industry and show how integral good-quality planning is to ensure that London remains the best city in the world to live, work and visit."

Award for charity

THE work of a homelessness charity in Spitalfields has received a second award.

Providence Row's Routes to Roots service for homeless hospital patients was commended at the Andy Ludlow Homelessness Awards, as reported in East End Life last month.

In a separate development, property consultancy GL Hearn was awarded a Lord Mayor's 2014 Dragon Award in the Strengthening the Third Sector category for providing free expertise on unlocking value in the charity's property portfolio.

Changes made thanks to GL Hearn's support have created significant regular net income of up to £150,000 each year and a development site with a potential value of £5 million.

£3,000 photo prize

MEMBERS of the public are ivited to capture images of major infrastructure projects as part of a nationwide photography competition run by the Royal Institution of Chartered Surveyors.

Entrants are invited to photograph any man-made structure, such as roads, bridges, water supply systems, and energy generating facilities, such as power stations.

Entrants have a chance of winning a £3,000 prize for camera equipment. The deadline is December 19 – see **www.rics.org/uk/footer/rics-infrastructure-photographer-of-the-year/**

CITY REALTOR
The Landlords Choice
TURN KEY SERVICE
Leave the keys with us and we will take care of the rest
PRICE PROMISE
We will beat your current deal
ARMCHAIR INVESTMENT
Sit back and watch your investment grow
£500 CASH ON SIGNING
✓ No commission, no voids, no stress
✓ Free refurbishment + maintenance
✓ Dedicated management + maintenance team
✓ Professional vetted tenants only
✓ Bespoke packages to suit your needs
TREAT YOURSELF to 3 MONTHS RENT IN ADVANCE
GUARANTEED RENT
020 7790 7702
www.cityrealtor.co.uk | admin@cityrealtor.co.uk
52 Cannon Street Road, London E1 0BH

tower hamlets homeseekers

31/10/14 - 06/11/14
Closing date for Internet and Telephone bids: 06/11/14

Find out about local schools, council services, transport links, and businesses at: **www.upmystreet.com**

You can bid for these homes only if you have an active application on the Tower Hamlets Housing List. Please do not visit any of them as it may cause a nuisance to neighbours.

We can only contact people we make offers to. Offers are made in priority order based on the lettings policy. A copy of the policy is available from us on 020 7364 2826 or on the website.

টাওয়ার হ্যামলেটস হাউসিং তালিকায় আপনার একটি সক্রিয় আবেদন থাকলেই কেবল এসব বাসাগুলোর জন্যে আপনি নিলাম ডাকার অংশ নিতে পারবেন। অনুগ্রহ করে এই বাসাগুলোর কোনটিই দেখতে যাবেন না কারণ এরফলে প্রতিবেশীরা বিরক্ত হতে পারেন।

যাদেরকে আমরা বাসা দেয়ার প্রস্তাব করি কেবল সেসব লোকেদেরকেই আমরা যোগাযোগ করে থাকি। ভাড়ার নীতিমালার (লেটিং পলিসি) উপর ভিত্তি করে অগ্রাধিকারের ভিত্তিতে বাসা দেয়ার প্রস্তাব করা হয়। 020 7364 2826 নম্বরে অথবা ওয়েবসাইটে এই নীতিমালার কপি পাওয়া যাবে।

Waxaad dooran kartaa guryahan kaliya haddii aad leedahay codsi wali shaqayna oo ku jira liistada guryaha ee Tower Hamlets. Fadlan adigoo raali ah midna ha soo booqan guryahan, waxa laga yaabaa inay buuq ku keenaan jaararka.

Waxaan kaliya oo aan la xidhiidhnaa dadka aanu guryo ugu deeqayno. Guryo bixintu waxa lagu gaadhaa habka mudnaanta loo kala leeyahay ee ku salaysan nidaamka guryo kiraynta. Nuqul ka mid ah nidaamkan waxaad nagaga heli kartaa adigoo la soo xidhiidha telefanka 020 7364 2826 ama cinwaanka internetka

若你仍然登記在塔橋區政府現時生效的房屋名單上，你才可以競投這些房屋。請切勿到任何這些房屋造訪，因爲這可能對鄰居造成滋擾。

我們只能聯絡那些我們可以提供房屋的人士。我們根據租屋政策按優先次序提供房屋。欲索取這份政策，請致電我們，號碼 020 7364 2826，或瀏覽網站。

Nếu đơn thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới tham quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ ان گھروں کے لئے صرف اسی صورت میں بولی دے سکتے ہیں اگر ''ٹاور ہیملٹس ہاؤسنگ لسٹ'' میں آپ کی درخواست واجب اور زیرِ غور ہے۔ براہِ کرم ان میں سے کسی گھر کو دیکھنے کے لئے مت جایئے، کیونکہ یہ ہمسائیوں کے لئے پریشانی کا باعث ہو سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم گھر کی پیشکش کرتے ہیں۔ یہ پیشکش کرایہ داری کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے 020 7364 2826 یا آپ اسے ویب سائٹ پر ملاحظہ کر سکتے ہیں۔

website: www.towerhamlets.gov.uk

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet **'Support Charges in long term Supporting People Services'**. This is also available on our website www.towerhamlets.gov.uk.

Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	*Description*
A Wheelchair Accessible	*Purpose built to meet most recent wheelchair housing standards*
B Partially Wheelchair Accessible	*Designed to older wheelchair housing standards*
C Life time Homes	*Specifically designed to create an accessible and adaptable home*
D Easy Access	*Designed to be spacious with no steps to the property*
E Step-free	*General housing with no steps to the property*
F General Housing	*Does not meet requirements for other categories*
G Not assessed	*Property not yet had access survey*

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on **020 7364 0204 / 0206 / 0209**.

1. Internet Bidding
Just log on to www.thhs.org.uk

2. Telephone Bidding
Simply call 0845 270 2400

Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme (www.tfl.gov.uk/cycling) and local pay-as-you-go car clubs (www.carplus.org.uk) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit Transfer Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to **3** bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and
6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit www.towerhamlets.gov.uk/parking

For more detailed information about the following adverts please visit the Homeseekers website at www.thhs.org.uk

OVER 50's
Accessible Category F
ALTON STREET, E14

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Pets with landlords permission • One week's advance rent required at sign up of tenancy

Eligibility : Min Client Age 50

£135.63, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 30928

OVER 50's
Accessible Category E
BENTWORTH COURT, GRANBY STREET, E2

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Pets permitted • Heating and hot water included in charges

Eligibility : Min Client Age 50

£123.12, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30904

OVER 50's
Accessible Category D
BENTWORTH COURT, GRANBY STREET, E2

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted • Heating and hot water included in charges

Eligibility : Min Client Age 50

£122.81, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30898

BEDSIT SELF-CONTAINED FLAT
Accessible Category F
NORWOOD HOUSE, POPLAR HIGH STREET, E14

Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted

£93.71, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30910

BEDSIT SELF-CONTAINED FLAT
Accessible Category D
WESTWOOD HOUSE, MILLHARBOUR, E14

Flat • 0 Bed 1 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric radiators • No garden • Pets not permitted

£126.07, Weekly - Social Rent
Landlord: Guinness South

Property Ref: 30907

BEDSIT SELF-CONTAINED FLAT
Accessible Category F
PARIS HOUSE, OLD BETHNAL GREEN ROAD, E2

Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted

£103.68, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 30923

1 BEDROOM
Accessible Category E
HANBURY STREET, E1

Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£112.72, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30895

1 BEDROOM
Accessible Category G
BLOOMFIELD HOUSE, OLD MONTAGUE STREET, E1

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£112.42, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30911

1 BEDROOM
Accessible Category F
ABBOTT ROAD, E14

Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy

£116.49, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 30897

1 BEDROOM
Accessible Category E
WATERVIEW HOUSE, CARR STREET, E14

Flat • 1 Bed 2 Person • 16th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£105.59, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30893

1 BEDROOM
Accessible Category E
GALES GARDENS, E2

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted • Heating and hot water included in charges

£123.98, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30896

1 BEDROOM
Accessible Category F
MCKINNONWOOD HOUSE, TURIN STREET, E2

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£109.79, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30901

1 BEDROOM
Accessible Category E
ADDINGTON ROAD, E3

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen No Lift • Entryphone • Wet room (walk in shower) • Adapted WC • GCH • Private garden • Pets permitted

£109.65, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30919

2 BEDROOMS
Accessible Category E
FULNECK, E1

Flat • 2 Bed 3 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Wet room (walk in shower) • GCH • Private garden • Pets not permitted • One week's advance rent required at sign up of tenancy

£130.78, Weekly - Social Rent
Landlord: Southern Housing Group

Property Ref: 30927

2 BEDROOMS
Accessible Category F
GALWAY HOUSE, WHITE HORSE LANE, E1

Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Wet room (walk in shower) • GCH • No garden • Pets permitted

£133.42, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30912

2 BEDROOMS
Accessible Category D
BLACKWALL WAY, E14

Flat • 2 Bed 4 Person • 7th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term • This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£172.80, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 30900

2 BEDROOMS
Accessible Category D
BLACKWALL WAY, E14

Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term • This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£173.12, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 30917

2 BEDROOMS
Accessible Category D
CUFF POINT, COLUMBIA ROAD, E2

Flat • 2 Bed 4 Person • 5th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • Fixed Term • This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£171.01, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 30929

2 BEDROOMS
Accessible Category F
COLVILLE HOUSE, WATERLOO GARDENS, E2

Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£124.32, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30903

2 BEDROOMS
Accessible Category F
COUZENS HOUSE, WEATHERLEY CLOSE, E3

Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy

£153.32, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 30916

For more detailed information about the following adverts please visit the Homeseekers website at www.thhs.org.uk

3 BEDROOMS
Accessible Category F
BURLEY HOUSE, CHUDLEIGH STREET, E1

Maisonette • 3 Bed 5 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted • Stairlift

£133.92, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30921

3 BEDROOMS
Accessible Category F
TRINIDAD HOUSE, GILL STREET, E14

Flat • 3 Bed 6 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£127.34, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30894

3 BEDROOMS
Accessible Category G
CHARNWOOD GARDENS, E14

House • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets not permitted • One week's advance rent required at sign up of tenancy

£153.77, Weekly - Social Rent
Landlord: Southern Housing Group

Property Ref: 30899

3 BEDROOMS
Accessible Category F
GOSFORD HOUSE, TREDEGAR ROAD, E3

Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets permitted

£139.50, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 30920

3 BEDROOMS
Accessible Category E
KNAPP ROAD, E3

Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets with landlords permission • Stairlift • Ramp to front door • One week's advance rent required at sign up of tenancy

£152.59, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 30906

4 BEDROOMS
Accessible Category D
MASTMAKER ROAD, E14

House • 4 Bed 7 Person • Ground Floor • Open plan kitchen • No Lift • Bathroom with W/C • Electric storage heater • Private garden • Car free home • Pets not permitted • Fixed Term • This is a fixed term tenancy of 2-5 years.

£222.63, Weekly - Social Rent
Landlord: One Housing Group

Property Ref: 30915

REMINDER

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes.

This causes a nuisance and may distress some individuals.

AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life.

Please note the rent level and length of tenancy offered on the following homes. You are advised to check the Homeseekers website at www.thhs.org.uk for further information.

AFFORDABLE RENT
Accessible Category G
ELTON HOUSE, CANDY STREET, E3

Flat • 2 Bed 3 Person • 8th floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Pets not permitted • Fixed Term • This is a fixed term tenancy of 5 years • Concierge/CCTV

£261.59, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 30913

AFFORDABLE RENT
Accessible Category F
LOCTON GREEN, RUSTON STREET, E3

Maisonette • 3 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets not permitted • Fixed Term • This is a fixed term tenancy of 5 years.

£222.66, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 30914

AFFORDABLE RENT
Accessible Category F
CODRINGTON COURT, SCOTT STREET, E1

Flat • 1 Bed 2 Person • 3rd floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Pets not permitted • Fixed Term • This is a fixed term tenancy of 5 years • You will be required to pay £130 reference fees (non-refundable) plus one month's rent as a deposit and one month's advance rent

£189.00, Weekly - Affordable Rent
Landlord: Southern Housing Group

Property Ref: 30905

AFFORDABLE RENT
Accessible Category G
FLOWER AND DEAN WALK, E1

Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term • This is a fixed term tenancy of 2-5 years.

£191.47, Weekly - Affordable Rent
Landlord: One Housing Group

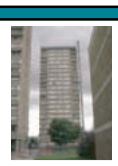
Property Ref: 30922

AFFORDABLE RENT
Accessible Category F
MCCULLUM ROAD, E3

Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets not permitted • Fixed Term • This is a fixed term tenancy of 5 years.

£194.87, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 30925



AFFORDABLE RENT
Accessible Category G
WILMER HOUSE, DALING WAY, E3

Flat • 3 Bed 4 Person • 17th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets not permitted • Fixed Term • This is a fixed term tenancy of 5 years • Concierge/ CCTV

£210.77, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 30909

AFFORDABLE RENT
Accessible Category D
THOMAS BARNARDO HOUSE, ANGLO ROAD, E3

Flat • 1 Bed 2 Person • 4th floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Pets not permitted • Fixed Term • This is a fixed term tenancy of 5 years.

£174.46, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 30926

AFFORDABLE RENT
Accessible Category F
MCCULLUM ROAD, E3

Maisonette • 3 Bed 5 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets not permitted • Fixed Term • This is a fixed term tenancy of 5 years.

£242.22, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 30924

WHFS LANGUAGE SUPPORT | ADVICE HEALTH EDUCATION | RESEARCH

VOLUNTEERS NEEDED TO SUPPORT OUR HEALTH PROJECTS

WHFS provides FREE training for local people who would like to become befrienders and community champions to support others who access our Diabetes, Looking after your Heart, Cancer Awareness, Elders and other projects.

To find out more come along to our Volunteer recruitment session on Monday 17th November 2014 from 11.30 – 1pm. At The Montefiore Centre, Hanbury Street, Whitechapel, E1 5HZ (opposite the Brady Centre)

To find out more about our Projects and our Annual meeting on 20th November at the Brady Centre from 10.30 – 2pm see our website www.wfhs.org.uk

To register your interest please send a text message to 07960328198 or send an e-mail to lepa.rahman@whfs.org.uk with your name and contact details.

EARLY YEARS NETWORK TOWER HAMLETS

Ranwell Playgroup

Deputy Manager | REF: RN01

Monday to Friday 8.15am to 4.30pm 35 Hours/Week
Salary: £16,805.25 per annum
Mainly Term Times Only

Full and relevant Level 3 childcare qualification as listed on the Department for Education Qualification or equivalent. A minimum of two years' experience of working with children aged 2-5 years of age.

For an application pack please send in an **A4 90p** stamped addressed envelope to Early Years Network Tower Hamlets, 15 Kelsey Street, London E2 6HD
Or email: **recruitment@eynth.org.uk**
Closing date: 14th November 2014

London Borough of Tower Hamlets

MORPETH SCHOOL

Portman Place, E2 0PX

LUNCHTIME SUPERVISORS

required to work as part of a team responsible for the supervision of pupils throughout Morpeth School and the sixth form Wessex Wing during the lunchtime break. The ability to form good working relationships with pupils and staff is essential.

Hours:

Mon-Fri 12.40-1.40pm, term-time only

Starting salary:

Scale 1-2, £165.58 per calendar month

Successful candidates must abide by our Safeguarding Children policy and undergo an enhanced DBS check.

Closing date:

Noon on Weds 19th November 2014.

For full details and an application form, either see the school website **www.morpethschool.org.uk** or email **einglis@morpeth.towerhamlets.sch.uk** or phone **020 8981 0921**.

We do NOT accept CVs.

The Schools Admissions (Admission Arrangements and Co-ordination of Admissions Arrangements) (England) Regulations 2012, Chapter 3

Consultation on proposed revision to the Admissions Arrangements for Raine's Foundation Church of England School for Academic Year 2016-17

To The London Diocesan Board for Schools
The Council for the London Borough of Tower Hamlets
Other Admissions Authorities for schools in Tower Hamlets
The Trustees of the Raine's Foundation Trust
Parents of children in Tower Hamlets between the ages of two and 18 years

The Governing Body of Raine's Foundation Church of England Secondary School is responsible for the admission of pupils and admits 150 pupils to Year 7 each September. This admissions limit has been agreed between the Governing Body and the Local Authority. To apply for a place at Raine's parents must name the school as one of the preferences on their home local authority's Common Application Form.

The Governing Body is consulting on a proposal to revise its procedures where the school is oversubscribed for Academic Year 2016/17.

Full details of the proposal can be found on the school's website **www.rainesfoundation.org.uk** or are available on request from the Head teacher, Raine's Foundation School, Approach Road, Bethnal Green, London E2 9LY.

The consultation period runs from **3 November 2014** until **29 December 2014**.

Persons wishing to make comments about the proposal should do so by writing to the school's Head teacher.

Keith Burman
Clerk to the Governing Body

Did you know...

you could advertise here from as little as £72 + VAT?...

To advertise here call...

Terri on 7364 4682
Chris on 7364 4994
Fatima on 7364 4623
Sharan on 7364 4061

Skillsmatch

INNOVATION IN JOB BROKERAGE

INTRODUCTION TO SUPPORT WORK IN SCHOOLS

Are you interested in training to support children's learning in the classroom? Tower Hamlets Support for Learning Service in partnership with LBTH Skillsmatch offers a 16-week part-time Teaching Assistant course with work placements in schools.

To find out more, come along to one of the information sessions to be held on:

Wednesday 19 November 2014 at 2pm or
Thursday 20 November 2014 at 10am

At Skillsmatch, 55 Upper Bank Street
(near Aspen Way end)
Canary Wharf, London E14 5GJ

Ensure you arrive on time, as there will be no late admittance. The information sessions last for up to 2 hours.

At the session you will have the opportunity to complete an application form. Applications cannot be sent out by post.

To qualify to attend a session you must:

- be a resident of Tower Hamlets
- be over 18 years of age
- have recourse to public funds
- be available for the full 16-week course
- have minimum A – C GCSE English and Mathematics or level 2 equivalent

You do not have to be unemployed but preference is given to those who are. Please bring your CV and education certificates with you as this will help in completing the application form.

We are committed to safeguarding and promoting the welfare of children and young people and expect all learners to share this commitment. Successful applicants will need to undertake an enhanced disclosure (DBS) criminal record check.

TOWER HAMLETS

MAYOR OF TOWER HAMLETS

EQUALITY FRAMEWORK FOR LOCAL GOVERNMENT EXCELLENT

POSITIVE ABOUT DISABLED PEOPLE

INVESTORS IN PEOPLE | Silver

SUPPORTED BY MAYOR OF LONDON

Career Opportunities

TOWER HAMLETS

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....

Senior School Improvement Officer (x2) £63,505 - £66,676
Education, Social Care and Wellbeing Directorate
Ref: ESW00383 | Closing date: 9 Nov 2014

Strategic Planning Manager £57,681 - £60,582
Development & Renewal Directorate
Ref: DEV00440 | Closing date: 10 Nov 2014

Post 16 Project Officer £48,988 - £52,355
Education, Social Care and Wellbeing Directorate
Ref: ESW00388 | Closing date: 14 Nov 2014

Senior Data Analyst £32,856 - £35,406
Law, Probity & Governance Directorate
Ref: LPG00032 | Closing date: 9 Nov 2014

Social Worker (Sight and Hearing) £31,464 - £40,911 pro rata
Education, Social Care and Wellbeing Directorate
Ref: ESW00320 | Part Time (17.5 hours a week)
Closing date: 9 Nov 2014

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.

EQUALITY FRAMEWORK FOR LOCAL GOVERNMENT EXCELLENT · POSITIVE ABOUT DISABLED PEOPLE · London Living Wage Employer · INVESTORS IN PEOPLE | Silver · Stonewall TOP 100 EMPLOYERS 2014

Public notices

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – WHITES ROW E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway outside No. 8a Whites Row, between its junction with Toynbee Street and its junction with Tenter Ground.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Cappagh Browne on behalf of Thames Water.

The alternative routes for vehicular will be via Toynbee Street, Brune Street, Tenter Ground and Whites Row.

Throughout the duration of the works, and at times when the "one way" and "no entry" traffic signs are covered, the existing one way working in:

a) Whites Row between its junction with Toynbee Street and its junction with Bell Lane will be temporarily suspended;

b) Toynbee Street between its junction with Brune Street and its junction with Whites Row northbound will be reversed.

The restriction on vehicular traffic will operate from Tuesday 11th November 2014 to Saturday 15th November 2014 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6671 or email, charlie.harrison@towerhamlets.gov.uk

Dated: 3rd November 2014

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

TOWN AND COUNTRY PLANNING ACT 1990

NOTICE UNDER ARTICLE 12 TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) (ENGLAND) ORDER 2010 OF APPLICATION FOR PLANNING PERMISSION

Proposed development of land at 1 Lime Wharf, 25 and 25a Vyner Street, London, E2. I give notice that Lime Wharf is applying to London Borough of Tower Hamlets for planning permission for "Redevelopment of the site to provide mixed use scheme comprising cultural foundation including gallery/exhibition space, office space and ancillary café (D1/B1), 37sqm retail unit (A1), four serviced apartments (Sui Generis) and four residential units (C3) including the retention, extension and refurbishment of existing buildings 1 Lime Wharf and 25a Vyner Street and demolition of 25 Vyner Street, associated external landscaping, and other associated alterations."

Any owner* of the land or tenant** who wishes to make representations about this application should write to the Council at Planning Department, London Borough of Tower Hamlets, Mulberry Place, 5 Grove Crescent, London, E14 1BY within 21 days beginning with the date of publication of this notice.

SIGNED: DP9 LTD

ON BEHALF OF: LIME WHARF

DATE: 27 OCTOBER 2014

*"owner" means a person having a freehold interest or a leasehold interest the unexpired term of which is not less than seven years, or, in the case of development consisting of the winning or working of minerals, a person entitled to an interest in a mineral in the land (other than oil, gas, coal, gold or silver).

**"tenant" means a tenant of an agricultural holding any part of which is comprised in the land. Statement of owner's rights The grant of planning permission does not affect owner's rights to retain or dispose of their property, unless there is some provision to the contrary in an agreement or in a lease. Statement of agricultural tenant's rights The grant of planning permission for non-agricultural development may affect agricultural tenant's security of tenure.

Public notices

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – REPTON STREET E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Repton Street to the eastern-most end from its junction with Carr Street.

The restriction on vehicular traffic will enable essential detailed railway bridge inspection to be carried out on the public highway by Centurion Traffic Management.

There are no alternative routes for vehicular as it is a dead end street or cul-de-sac.

The restriction on vehicular traffic will operate from Monday 24th November 2014 at 22:00 hours until Tuesday 25th November 2014 at 06:00 hours when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Mick Jameson, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6717 or email, mick.jameson@towerhamlets.gov.uk

Dated: 3rd November 2014

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – ION SQUARE E2

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Ion Square E2 for the entire length from its junction with Hackney Road to the southernmost end.

The restriction on vehicular traffic will enable essential BT works to be carried out on the public highway by Centercomms Limited.

There is no alternative route for vehicular traffic as Ion Square is a cul-de-sac.

The restriction on vehicular traffic will operate from Monday 10th November 2014 to Friday 14th November 2014, and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6671 or email, Charlie.Harrison@towerhamlets.gov.uk

Dated: 3rd November 2014

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – UNDERWOOD ROAD E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Underwood Road for a distance of approximately 50 metres between its junction with Vallance Road and its junction with Deal Street.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Metro Traffic Services Limited.

The alternative route for vehicular traffic will be via Vallance Road, Whitechapel Road, Greatorex Street, Hanbury Street and Deal Street.

Throughout the duration of works, and at times when the "no entry" and "one way" traffic signs are covered, the existing one way working in Underwood Road and Buxton Street between its junction with Vallance Road and its junction with Deal Street will be temporarily suspended.

The restriction on vehicular traffic will operate on the following four weekends and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002:

a) Saturday 15th November 2014 and Sunday 16th November 2014;

b) Saturday 22nd November 2014 and Sunday 23rd November 2014;

c) Saturday 29th November 2014 and Sunday 30th November 2014;

d) Saturday 6th December 2014 and Sunday 7th December 2014.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Transport and Highways on 020 7364 6671 or email, charlie.harrison@towerhamlets.gov.uk

Dated: 3rd November 2014

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

Public&Legal Notices

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

33-35 Commercial Road, London **PA/14/2794/SHA**
Change of use of ground floor (west) to shop/cafe/restaurant/bar (A1/A3/A4), installation of external flue to rear elevation and internal fit-out works

Aldgate Hostel, 7 Dock Street, London, E1 8LL **PA/14/2796/SHA**
Advertisement consent sought for 6m x 4.5m perforated vinyl poster with company graphics to gable wall of building

46-48 Commercial Street, London, E1 6LT **PA/14/2788/KHA**
Application to vary condition 2 (approved drawings) of planning permission PA/13/02321 dated 12/12/2013. The proposed changes seek to create an additional entrance door on the front elevation of the building and to change the finish of the approved window frames.

Bootys Wine Bar, 92A Narrow Street, London, E14 8BP **PA/14/2667/GMA**
Change of use from Licensed bar (A4) to Office(B1(a))

145 St Leonards Road, London **PA/14/2762/IOL**
Addition of third floor to form 1x3 bedroom flat

150 Mile End Road, London **PA/14/2810/LAB**
2x Set of individual illuminated letters & 1x projecting sign

Elys Yard, Trumans Brewery, 91 Brick Lane, London **PA/14/2767/ADW**
Removal of Condition 3 (sides of enclosure to remain drawn at all times) of planning permission PA/13/03055, dated 10/04/2014

Flat B, 55 Antill Road, London, E3 5BT **PA/14/1836/GMA**
Retention of a summerhouse/shed used for storage in the rear garden

Rotherwick House, 3 Thomas More Street, London, E1W 1YZ **PA/14/2544/ADW**
Refurbishment of a grade II listed building to be retained as B1 office space with renovations to existing external structures (former police station and new build outbuilding). Proposals include amendments to the works approved under Listed Building Consent reference PA/14/00668, dated 2 May 2014, comprising alterations to the link extension construction detail, the retention of the existing doors from the south- installation of 3no. condensers on the roof of the annexe. east wing to the courtyard, alterations to the internal layout of the annexe and basement and the

Black Lion House, 45 Whitechapel Road, London, E1 1DU **PA/14/2713/IOL**
Application under s73 of the Town and Country Planning Act for a variation of condition no. 3 (Samples and Design) of planning permission dated 29/11/2013, ref: PA/13/02162.

144-146 Swaton Road, London, E3 4ET **PA/14/2732/SAE**
Re-development of site by erection of two x two storey houses with ground and first floor rear extensions to form three bedroom houses.

159A Commercial Street, London, E1 6BJ **PA/14/2171/BEE**
To install a new hanging sign to be installed at fascia level

91 Fieldgate Street, London, E1 1JU **PA/14/2662/GMA**
Replacement of existing fascia sign with a non illuminated fascia advertisement board and three external lamps

389 Mile End Road, London, E3 4QS **PA/14/2741/JTH**
Introduce a new external seating area for the Starbucks Coffee Shop: 4 x Outdoor Starbucks Wind Barrier's 2 x Outdoor Tables 8 x Outdoor Chairs

91 Fieldgate Street, London, E1 1JU **PA/14/2661/GMA**
Alterations to shopfront design, including new signage.

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

19 Tredegar Square, London, E3 5AD **PA/14/2791 & 2792/JTH**
Rear lower ground floor extension

89 Hesperus Crescent, London, E14 3AB **PA/14/2730/IOL**
Rear elevation roof dormer and two front elevation, roof lights in connection with loft conversion

210 Jubilee Street, London, E1 3BP **PA/14/2737/GGW**
Proposed removal of existing timber structure topped finish to a brick boundary wall and to replace with a second hand stock brick and brick on edge boundary treatment finish to top of existing boundary wall, alongside the proposed replacement of exit side gate to garden with new metal gate and frame.

40 Wrexham Road, London, E3 2TJ **PA/14/2584/BMC**
Loft conversion and erection of rear dormer roof extension

138 Narrow Street, London, E14 8BP **PA/14/2708 & 2747/CSK**
Relocation Boiler and flue

278 Globe Road, London, E2 0NS **PA/14/2717/MCH**
Erection of single storey, ground floor rear extension and alteration to garden wall

Copies of the applications and plans may be inspected between the hours of 9am-5pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 3rd November 2014

OWEN WHALLEY
Head of Planning and Building Control

TOWER HAMLETS

Why you should read Public and Legal notices

These notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.

Public&Legal Notices

LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

Black Lion House, 45 Whitechapel Road, London, E1 1DU **PA/14/2713/IOL**
Application under s73 of the Town and Country Planning Act for a variation of condition no. 3 (Samples and Design) of planning permission dated 29/11/2013, ref: PA/13/02162.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 3rd November 2014

OWEN WHALLEY
HEAD OF PLANNING & BUILDING CONTROL

TOWER HAMLETS

Public notices

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – OSIER STREET & CEPHAS AVENUE E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the entire length of carriageway in:

a) Osier Street, 50 metres east from its junction with Cephas Avenue;

b) Cephas Avenue, 50 metres north of its junction with Osier Street.

The restriction on vehicular traffic will enable essential gas works to be carried out on the public highway by National Grid (TRIIO).

The alternative routes for vehicular traffic will be via Osier Street, Nicholas Road and Cephas Avenue.

The restriction on vehicular traffic will operate from Monday 10th November 2014 to Wednesday 19th November 2014 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Transport and Highways on 020 7364 6671 or email, charlie.harrison@towerhamlets.gov.uk

Dated: 3rd November 2014

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – CANNON STREET ROAD E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, having agreed with Transport for London, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway at its junction with Cannon Street Road and its junction with Cable Street.

The restriction on vehicular traffic will enable essential carriageway ducting works for TfL modernisation to be carried out on the public highway by CVU.

The alternative routes for vehicular traffic will be via The Highway, Dock Street, Leman Street, Prescot Street, Mansell Street, Whitechapel High Street, Commercial Road and Cannon Street Road or The Highway, King David Lane, Sutton Street, Commercial Road, Back Church Lane and Cable Street or Cable Street (westbound), Watney Street, Chapman Street, Cannon Street Road, Commercial Road, Back Church Lane and Cable Street.

The restriction on vehicular traffic will operate on the following three weekends and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002:

a) On Saturday 8th November 2014 from 08:00 hours until 18:00 hours;

b) On Sunday 9th November 2014 from 09:00 hours until 16:00 hours;

c) On Saturday 15th November 2014 from 08:00 hours until 18:00 hours;

d) On Sunday 16th November 2014 from 09:00 hours until 16:00 hours;

e) On Saturday 22nd November 2014 from 08:00 hours until 18:00 hours;

f) On Sunday 23rd November 2014 from 09:00 hours until 16:00 hours;

Please refer any queries regarding the above traffic restriction to Mick Jameson, Network Coordinator, Transport and Highways on 020 7364 6717 or email, mick.jameson @towerhamlets.gov.uk

Dated: 3rd November 2014

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – THREE COLTS LANE E2

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Three Colts Lane, to a point approximately 50 metres in the western direction from its junction with Coventry Road.

The restriction on vehicular traffic will enable essential detailed railway bridge inspection to be carried out on the public highway by Centurion Traffic Management.

The alternative route for vehicular traffic will be via Coventry Road (southbound), Cudworth Street, Collingwood Street (northbound) and Three Colts Lane and vice versa.

The restriction on vehicular traffic will operate from Tuesday 25th November 2014 at 22:00 hours until Wednesday 26th November 2014 at 06:00 hours when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6671 or email, charlie.harrison@towerhamlets.gov.uk

Dated: 3rd November 2014

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – DEVONPORT STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Devonport Street, for a distance approximately 50 metres between its junction with Barnardo Street and its junction with Havering Street.

The restriction on vehicular traffic will enable essential detailed railway bridge inspection to be carried out on the public highway by Centurion Traffic Management.

The alternative route for vehicular traffic will be via Barnardo Road, Havering Street and Devonport Street and vice versa.

The restriction on vehicular traffic will operate from Wednesday 26th November 2014 at 22:00 hours until Thursday 27th November 2014 at 06:00 hours when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Mick Jameson, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6717 or email, mick.jameson @towerhamlets.gov.uk

Dated: 3rd November 2014

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – BLOUNT STREET E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Blount Street for a distance of approximately 50 metres between its junction with Salmon Lane and its junction with Parnham Street.

The restriction on vehicular traffic will enable essential detailed railway bridge inspection to be carried out on the public highway by Centurion Traffic Management.

The alternative route for vehicular will be via Salmon Lane, Carr Street, Repton Street and Blount Street and vice versa.

The restriction on vehicular traffic will operate from Wednesday 12th November 2014 at 22:00 hours until Thursday 13th November 2014 at 06:00 hours when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Mick Jameson, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6717 or email, mick.jameson @towerhamlets.gov.uk

Dated: 3rd November 2014

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – ROMAN ROAD E3

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Roman Road between its junction with Zealand Road and its junction with Hewlett Road.

The restrictions on vehicular traffic will enable essential highway maintenance resurfacing works to be carried out on the public highway by LBTH.

The alternative route for vehicular traffic will be via St. Stephen's Road (northbound), Old Ford Road (westbound), Grove Road (southbound) and Roman Road and vice versa.

The restriction on vehicular traffic will operate on Sunday 23rd November 2014 and Monday 24th November 2014 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the traffic restriction to Gary Marshall, Design Engineer, Better Places, Transport and Highways on 020 7364 6669 or email gary.marshall@towerhamlets.gov.uk

Dated: 3rd November 2014

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

LONDON BOROUGH OF TOWER HAMLETS

LICENSING ACT 2003

Notice of application to the London Borough of Tower Hamlets for the grant of a Premises Licence by: The Dish Kitchen Ltd in respect of: 144-146 Commercial St, London E1 6NU, for the Sale of Alcohol (1100–2300hrs Sun to Thurs & to 0030hrs Fri & Sat) Regulated Entertainment (Films) Sun 1800-2200hrs & Late Night Refreshment (2300-0030hrs Fri & Sat) .

The application may be inspected (10-4, weekdays) at: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG (tel 02073645008) www.towerhamlets.gov.uk

Representations must be in writing to the Licensing Authority at the above address and received on or before 24 November 2014.

It is an offence to make a false statement in relation to an application, the maximum fine being £5000.

LONDON BOROUGH OF TOWER HAMLETS

SPECIAL TREATMENT LICENCES

NOTICE IS GIVEN THAT Hayaa Fitness has applied to the London Borough of Tower Hamlet for a Sauna Therapy Licence

Licence(s) for the premises of: Hayaa Fitness, 6th Floor Maryam Centre, 45 Fieldgate Street, London E1 1JU

Anyone wishing to oppose the application must give notice in writing to David Tolley, Head of Consumer and Business Regulations Service, 6th Floor, Mulberry Place, 5 Clove Crescent, London E14 2BG
WITHIN THREE WEEKS specifying the grounds of opposition.

Persons objecting to the grant of a licence must be prepared to attend in person at a hearing before a Committee of the Council.

Player of the year

"I'm so happy to win the Lord's Taverners Disability Cricket Championships with Tower Hamlets, and to win this award is extra special. Hopefully we can win again next year."

TOWER HAMLETS COLLEGE CAPTAIN MUHAMMED JAKARIA

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

Leisure centres

John Orwell Sports Centre
Tench Street, Wapping, E1W.
7488 9421

Langdon Park Leisure Centre
35 Byron Street, Poplar, E14
SHOKK Youth Fitness Centre.
7987 3575

Mile End Park Leisure Centre
190 Burdett Road, E3.
8709 4420

Mile End Park Stadium
Rhodeswell Road, Poplar, E14.
8980 1885

St George's Pools
221 The Highway, Wapping E1W.
7709 9714

Tiller Leisure Centre
Tiller Road, Isle of Dogs, E14.
7987 5211

Whitechapel Sports Centre
55 Durward Street,
Whitechapel, E1.
7247 7538

York Hall Leisure Centre
5-15 Old Ford Road, E2.
8980 2243

TOWER Hamlets College swept the board at the Lord's Taverners cricket awards evening.
The team, who recently won the Taverners annual Disability Cricket tournament at Lord's, went back to the famous ground and discovered they had won a clutch more trophies.
Judges decided that as well as being team winners, they also deserved the following awards:

- **Player of the Year – Muhammed Jakaria**
- **Most Improved Player of the Year – Carly Steele**
- **Spirit of Cricket Award – Mike Punjabi**
- **Coach of the Year – Alain Jason**

Tanya Blake, from the college, said: "Winning these awards means a lot for these young people and cricket is giving them opportunities to open other doors. They've learnt new skills like teamwork and communicating effectively – skills like these that can be translated into real life situations."
Team captain Muhammed Jakaria was delighted to win the award and said: "I'm so happy to win the Lord's Taverners Disability Cricket Championships with Tower Hamlets, and to win this award is extra special. Hopefully we can win again next year."

Sport in brief

Tennis workout

THE next round of the Docklands Tennis League runs from Thursday, November 13 until January 21, 2015.

Entry is £15 and the closing date for registration is November 17.

For details, email **docklandstennisleague@gmail.com** or call 07503 281732.

Hockey workshop

LEE Valley Hockey and Tennis Centre hosts a hockey goalkeepers workshop at Queen Elizabeth Olympic Park this Friday, November 7, from 7-10pm.

To book, email **jackie.bridger@englandhockey.co.uk** or call 01628 897515.

UEL are held

THE University of East London netball team started the season with a 21-21 draw against University College London at SportsDock.

Sport & leisure

Back to netball
Weekly sessions. £1.10. Tues, 6pm.
John Orwell Sports Centre,
Tench Street, E1W.
07914 685261

Body conditioning
Thurs, 6.15pm. Shadwell Basin Centre, Glamis Road, E1.
07961 951522

Cricket coaching
Under-11s and under-13s – Weds, 4-5.30pm; under-16s – Tues, 4.30-6pm; ages 16+ – Thurs 5-8pm.
Dockland Settlements,
197 East Ferry Road, E14.

Docklands women's running group
All abilities welcome
Mon, 6.30pm. Mile End Stadium, Rhodeswell Road, E14.
07958 368070

Football training
Every Sat, 9-11am for boys and girls aged 5-11,Mulberry School for Girls, Richard Street, E1; 12-1pm for boys and girls aged 3-5. St Patrick's School, Dundee Street, E1W.
07956 095218

Kibondo
Martial art for ages 6 & over. Mon, 6.30-8pm, all ages; Fri, 7-8.30pm, seniors & adults. £4 adults, £3 children, first lesson free. Teviot Centre, Wyves Street, E14.
07956 428654

Kickboxing and self-defence
£5 per class. Suns, 1pm; Tues, 7pm (women only).
Whitechapel Sports Centre,
Durward Street, E1.
07983 201987

Kool Karate and Fitness Fun Class
Every Tues & Thurs, 5-6pm.
St James-the-Less Hall, St James's Avenue, E2.
07934 126510

Kung fu
Learn the Wong Shun Leung system of ving tsun.
Weds, 8-9pm. £7, adults only (kids classes coming soon).
St John's Church Hall, 200 Cambridge Heath Road, E2.
07930 609379

Kung fu fitness
Mons 7-9pm.Bryant Street Methodist Centre, Stratford, E15.
07950 637345

Muay Thai for women
KO London, 186 The Arches, Globe Road, E2. Sat 3-4.15 £7 concs, £9 waged.
7265 9693

Martial arts
Learn the Wong Shun Leung system of ving tsun kung fu.
Weds 8-9pm. £7, adults only.
St John's Church Hall, 200 Cambridge Heath Road, E2.
07930 609379

Netball
Arbour Netball Club train at the Parkside Leisure Centre at Mulberry School, Commercial Road, E1 every Monday night.
01277 811772

Ninjutsu
Tues, 7-9pm, £5. Docklands Settlement, 197 East Ferry Road, E14.

Rugby
Millwall Rugby Club. Men's, women's and youth teams.
Suns, 10.30am-12pm (youth); Mons, 7.30-9pm (adults); Weds, 7.30-9pm (men); Thurs. 6.30-7.30pm (boys aged 7-17); Thurs, 7.30-9pm (women all ages).
www.millwallrugby.com

Rugby for children
Tag rugby (non contact) games for ages 2 - 7. Sats, 10am-12pm (term-time). Free trial.
Victoria Park, Grove Road, E9.
01252 794150
www.trytimekidsrugby.com

Self-defence and keep fit
Self-defence and keep fit with freestyle taekwondo. Mixed classes of adults and children Tues 6.30-8pm & Sun, 1-3pm.
Tiller Leisure Centre, Tiller Road, E14.
8310 1469 or 07950 896926

Seniors exercise
Mons, 1.30pm, line dancing; Tues, 10.45am, workout.
London Dockers Club, 6 Boulcott Street, E1.
7790 3785

Sun kune do
Mons, 7-8.15pm. Adults £4.50, ages 10-16, £3.50.
Lifra Hall, 7 Halley Street, E1.

Taekwondo classes
Taster class £5 for adults, £3 for children aged five to 14.
Adults £50-£40 per month.
Easy Studio, 60-64 Kingsland Road, E2.
7033 4660

Public notices

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – FERRY STREET E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Ferry Street for a distance of approximately 20 metres outside "The Ferry House Public House".

The restriction on vehicular traffic will enable essential valve repair to be carried out on the public highway by Cappagh Browne on behalf of Thames Water.

The alternative route for vehicular traffic will be via Ferry Street and Manchester Road and vice versa.

The restriction on vehicular traffic will operate from Wednesday 26th November 2014 to Friday 28th November 2014 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

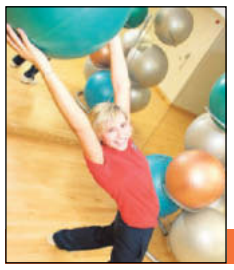
Dated: 3rd November 2014

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

Helping children play

Tower Hamlets Youth Sport Foundation provides access to sport through coaching and competition.

WWW.THYSF.ORG



Get fit and have fun

To find out more about the wide range of healthy and enjoyable events and activities available at the borough's leisure centres go to your local centre or visit...

WWW.GLL.ORG

Three more for red-hot Emery

Hockey

Letchworth men's 2nd 0
East London 1st 7

EAST London's senior men's side were fifth in their division when they travelled to Letchworth, a side struggling for their first point.

It didn't take long to breach the defence, with Henry Emery popping up to score. East piled on the pressure and Sam Boddington scored from open play. Sam Franklin made it 3-0 at the break.

Letchworth were stretched at the back after the interval and this allowed Emery to hit two more to complete his second hat-trick in two games.

The visitors were cruising to a 5-0 win when Joe Green broke through the defence and was upended by the Letchworth goalie, who was sin-binned.

Boddington scored from the spot. Letchworth finished the game with ten men and no keeper, and Matt Burder grabbed the seventh, to complete a convincing win.

East London ladies 1
Burnt Ash 1

INJURY-hit East London started the day in mid-table and faced Burnt Ash, who were looking for their first point.

Eilis Quinlan put the home side ahead from a penalty corner, but Burnt Ash equalised before half-time.

East London resumed with a bang but failed to score again.

Bluehearts 3 Wapping men 4

WAPPING men's third team defeated Bluehearts 4-3 to move to within three points of the league leaders.

Early Wapping pressure led to a short corner, clinically converted by Felix Styles. Bluehearts were back on terms from a short corner of their own soon after.

In the second-half the east London side took the lead from a fantastic finish by Matt Hyden but once again, Blueharts equalised, this time from a penalty stroke.

Wapping then took control, with captain Oliver Cooper coolly slotting in a penalty stroke and Dominic Graham bursting through to score a fine solo goal.

In the final 30 seconds, a lapse in concentration saw Blueharts pull a goal back.

Wapping ladies 2
Bromley & Beckenham 3

WAPPING ladies suffered last-minute disappointment, going to a winning goal on the whistle.

The home side made a couple of early breaks resulting in a short corner superbly flicked home by Sarah Burke.

Wapping continued to attack on the break and Lucy Todd made it 2-0 at half-time.

Bromley levelled through two deflected goals and, after a Wapping player was yellow-carded, snatched a late winner.

MORE than 100 pupils from secondary schools in Tower Hamlets enjoyed a hockey session at Lee Valley Hockey Centre on Queen Elizabeth Olympic Park.
It was run by Tower Hamlets Youth Sport Foundation in partnership with East London Hockey Club and the pupils were able to play on the pitch which will be used during the EuroHockey 2015 tournament. The session aimed to inspire pupils to take up or continue to play hockey with school, district, club and county teams.

Millwall enjoyed a convincing win over Ilford

Millwall pile up the points

Rugby

Millwall 1st 42 Ilford 24

MILLWALL were always in control on their own patch and enjoyed a 29-12 half-time lead.

Ilford matched their first half tally in the second period, but Millwall continued to pile up the points on their way to a convincing win.

The club's second team – the Llamas – were in action at Chelmsford and a 19-14 victory took them above their Essex rivals in the table.

Captain James Newman said: "It wasn't the sexiest game of rugby we will play this year but we got the win.

"What was encouraging was that we did the basics very well and everyone was switched on from the first whistle to the last minute."

The men's third team were at home to Kings Cross Steelers, but only had seven players and had to borrow players from their rivals.

It ended up being 15 versus 14 and KXS scored early and then continued scoring.

Millwall fought back just before the interval, and the second half was a different game with the hosts scoring four more tries courtesy of Darryl Gera, Luke Holder and two from Matt Bovaird, to win 56-27.

Paul Leach and Cian McCourt both put in notable debut performances.

Veras brothers strike gold on foreign soil

BY PETER FAULKNER

VERAS Karate Academy went gold digging at home and abroad – and struck a rich vein of success.

First they competed in the prestigious International Coupe de Kayl in Luxembourg and finished the third best club in Europe with ten medals.

And while sensei Raphael Veras, head instructor, was steering them to four gold medals, the Veras Academy National Squad, led by sensei Mette McLarney, were picking up two more golds at the Meopham Open in Kent.

In Luxembourg the club were up against 61 associations from ten European countries, but managed to finish six places higher than last year.

It was something of a family affair because Raphael's three sons were the golden boys.

On the Saturday, Luca Veras, aged 7, led the juniors to win gold in both the kata and kumite as well as winning the best U14 competitor trophy.

Brother Liam, 9, then won gold in kumite and bronze in kata, followed by eldest brother, Luan, 10, who took gold in the U12 -45kg, making all three brothers individual international champions.

Team-mate Lucienne Brown, 11, rounded off the first day with a well-earned bronze in the U12 -35kg kumite.

On Sunday, it was the turn of the two Veras elite competitors to test their skills. Andreas Tomas won bronze in the +70kg followed by a silver medal in the senior open kumite.

Andrew McLarney picked up two bronzes – one in the -70kg, the other in senior open kumite.

Also competing were Seyhan Cinar, Luke Kavenagh and Jack Walsh.

The national squad enjoyed success of their own.

Daniel Gardner, 8, won four fights to get a bronze medal in the U10 kumite while Paddy Gemmel won a kumite silver and a gold in the U12 female kata.

Team-mate Elizabeth Hutchings, 16, won gold in the female U18 kumite – a fine result in what was her first English Karate Federation competition.

Also competing were Jamie Masey, Makhae Rosengrove, and Dillan Gibson.

For further information go to **www.verasacademy.co.uk**

No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from cricket to yoga and aerobics to taekwondo.

SEE PAGE 29

A uniting force

"Football brings all races and faiths together and I'm proud of the way the BFA has worked so hard."

IMRUL GAZI, VICE-CHAIR OF THE BFA

Awards night for the BFA

BY PETER FAULKNER

THE annual Bangladesh Football Association awards night at the Troxy, Limehouse, was a true celebration of grassroots football.

Some 1,000 players, managers, officials, celebrities and guests turned out to acknowledge another year of achievements by local teams.

Kevin Coleman from the FA attended, along with officials from both West Ham United and Dagenham & Redbridge.

Imrul Gazi, the BFA vice-chair, said: "Football unites our community. It brings all races and faiths together and I'm proud of the way the BFA has worked so hard to achieve so much.

"We will continue to strive until our leagues become a hotbed of talent from which professional teams come to scout and recruit.

"It is the dream the team at the BFA aspire to achieve."

Bangladesh's record goalscorer Sheikh Mohammad Aslam also said it would be a dream come true to see a Bangladeshi play in the Premiership.

Some of the younger guests at the awards night

Dalston stay top

IN the **Joshila Sports Premier Division** Byron (Gray, 2,) lost 3-2 to Hatch Lane (Campbell, 2, Blair). Dalston Lane (Scott, 2, Daniels, Sores) are still unbeaten at the top of thanks to a 4-1 victory over Hackney Downs A.

Stoke Newington (Jermaine Bulgin, Paul Bulgin, Stanley) beat last season's champions Reama 3-2 (Thomas, King), Stratford Juniors (Lousy) lost 1-0 to St Lucia.

Joshila Sports Division One

Athletico Bow (Davidson, 2, Hosford and Brown) remain top after beating New Ward Virtue (Sharkie) 4-1.

Nightingale (Mason) lost 6-1 to Cranes (Senkatuka 3, Ola, Aubin, Quadri), Vallance (Ahmed, Thomas) won 2-1 against El Valiente (Barnard), FC Stepney (Stowell, 3, Cuttler, 3, Jones, Connor, King, Ramsey) hammered Young Prince (Lineham) 10-1.

Joshila Sports Division Two

Ainslie Wood (Husbands, Digance plus own goal) lost 4-3 to Mabley (Small, 2, and Koeting, 2), FC Romania were beaten by high-flying Castrillon, thanks to a Sammut hat-trick and one from Kennedy. Pedro (Smith) lost to Haringey Town (Mungunu, Molinga and Johnathan).

Cup goals galore

IT was League Cup weekend for teams from all three divisions of the **Inner London Football League**.

The only all Premier Division tie was between London Tigers and Bromley, which Tigers won on a penalty shoot-out following a goalless draw.

The biggest giant-killing of the round came as Premier Division league leaders Beaumont took on First Division outfit SCTA.

The favourites looked comfortable at half-time having established a 2-0 lead, but SCTA had other ideas, and a thrilling second 45 minutes saw them win by an amazing 6-2.

Results: Beaumont 2 SCTA 6; Island 1 Reachout 3; London Tigers 4 Bromley 3 (penalties); Redcoat 0 Tower Hamlets B 5; Riverside 1 Bow 2; Robin Hood Tigers 2 West End 6; St Katharine's U21 2 Burdett 4; Stepney 5 Bromley Juniors 0; Stepney B 2 Bromley Youth 3; SYA 6 Al Mizan 1; West End Reserves 4 St Katharine's 5.

Hamlets setback

Tower Hamlets 0 Ilford 2

TOWER Hamlets were looking to get back to winning ways at Ilford following their 1-0 midweek defeat at home to Southend Manor.

But they knew it would be tough, especially as they were without Junior Kanudo and midfielder Ange.

Hamlets began at a quick tempo and came close to opening the score when Kane Wilson dragged a fine effort just wide.

Both teams barely threatened for most of the first half, but as the interval loomed Ilford hit the bar.

The second half was all Ilford. A good move set up former Hamlets player Carl Mulling, who lobbed helpless keeper Jerome Paul.

The second goal didn't come until the final minute when a mistake by Joe Peat allowed Ilford in for the clincher.

Extra time glory

FC Hamlets 2 Manford Way 0

ESSEX Olympian third division leaders FC Hamlets POAPC pulled off a stunning 2-0 extra time shock against Premier side Manford Way in the second round of the league cup.

Manford started brightly, but rarely threatened and Hamlets grew in confidence as the first half went on, creating several decent chances.

The closest Hamlets came to scoring was an effort by Foster which hit the bar in the 29th minute.

Hamlets came out strongly in the second-half, but again wasted opportunities and the teams could not be separated.

The first period of extra time was goalless but, within two minutes of the second period getting under way, Hamlets were awarded a corner. Lawrie With met the resultant cross with a header, only to see it hit a post. But King reacted first and headed home the rebound.

As Manford pressed forward looking for an equaliser, Casey found With who dribbled through the Manford defence to secure a 2-0 win.

Bengal blast nine

TOP scorers in the **East London Community League** this week were FC Bengal who blasted London Central 9-1 with goals from Carriba, 2, Rocha, 2, N'Diri, Tomkins, Hej, Robinson, Simpson and Salih.

Mohammedan beat E7 Probashi 1-0 with a goal by Noble, Shadwell Youth won 3-1 against East One and Abohani won 3-1 against Ace.

Khan on target

VALLANCE FC's senior team faced Crane FC away at Hackney Marshes in the East London Sunday Football League and ran out 2-0 winners.

Both goals came from 17-year-old striker Salman Khan. Vallance's juniors compete in the East London & Essex Junior Football League – the U10s beat Eclipse 2-1, while both the U11s and U13s were involved in 3-3 draws.

Athletics

TEN members of **Victoria Park Harriers and Tower Hamlets Athletics Club** ran in the Beachy Head marathon, putting on a great show on a grueling, undulating South Downs course, starting and finishing in Eastbourne.

Jo Singer was Harriers first woman home. Now in her early 40s, Singer has already had a good year and continues to get stronger. She clocked below three hours over the 26.2-mile distance for the first time at this year's London Marathon.

Four of the club's male athletes finished in the top 20. Neil Cook was the pick, taking fifth spot in a repeat of his performance last year.

Results: Neil Cook – 3:06:04; Duncan Steen – 3:18:08; Ben Wickham 3:25:57; Daniel Mutlow – 3:29:10; Rob Pitkethly – 3:32:05; Jo Singer – 3:32:42; Andrew Hutson – 3:40:34; Laura Morgan – 4:45:46; Elaine Batson – 5:13:15.

Basketball

LONDON Lions saw their unbeaten run come to an end when they were defeated 69-56 by Esh Group Eagles Newcastle at the Copper Box Arena.

It came 48 hours after they had given home fans plenty to cheer with a 91-63 win over Plymouth Raiders.

Zaire Taylor made his home debut against Raiders, but it was Lions regular Rod Brown who stole the show, top scoring with 18 points.

When they faced the Eagles though disaster struck five minutes before the start, when Rod Brown suffered an injury ruling him out of this top-of-the-table clash.

The fourth quarter was blistering with the Eagles lead increasing and decreasing, but they kept their noses in front to stay top of the table.

Boxing

REPTON Boxing Club had five winners and five losers in their club show at East Ham Working Men's Club.

Outstanding peformer was schoolboy champion Henry Turner who beat Alan Slopes (Southend) on points.

The other winners – all on points – were: Maxie Bowyer, Joseph King, Charlie Hickford and Barney Doherty.

REPTON prospect **James Branch** notched his first senior England victory – demolishing the Danish captain, in Denmark.

James proved too powerful, comfortably winning every round.

More inside

For stories on football, rugby and hockey, plus our sports lisitings...

SEE PAGES 29, 30 & 31

Hard work pays off

"I trained exceptionally hard and it paid dividends. Now I can set my sights on the world title, which is all I have ever dreamed of since I first took up boxing."

MARIANNE MARSTON

TOWER HAMLETS
eastendsport
NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Marianne Marston with Alf Spung, Melissa Lewars, Baz Rehman and Dave Smith

Marston earns world title shot

BY PETER FAULKNER

BOXER Marianne Marston moved a step closer to her world title dream with a classy performance at York Hall.

Marston, 40, has been promised a world title fight after winning the MBC International super-bantamweight title in front of a packed crowd.

She feared her title dream had ended when she lost to Hana Horacova in March.

But on October 25 she returned to the Bethnal Green venue – where she had enjoyed two quick wins before the Horacova defeat – and this time outclassed and outpointed Hungary's Marianna Gulyas.

Marston, who lives in Poplar and trains at the Trad TKO gym in Canning Town, is now being lined up to challenge Australia's reigning Women's International Boxing Association World Champion Shannon O'Connell, in February next year.

The guarantee of a world title shot was just the incentive Marston needed when she stepped up to face Gulyas.

After being declared a clear winner Marston, discovered by the late former world heavyweight champion Joe Frazier, said: "I trained exceptionally hard and it paid dividends.

"Now I can set my sights on the world title, which is all I have ever dreamed of since I first took up boxing.

"I want to thank my sponsors, my manager and my trainers for getting me this far, but most of all I must thank Joe Frazier who put me on the road to success.

"It would have been fitting if Joe could have been here to see me become champion."

Sailor Leila hits hat-trick

YOUNG sailor Leila Moore completed a remarkable hat-trick of wins – becoming London Circuit champion for the third successive year.

Leila, 13, won the title at the Queen Mary Sailing Club in Middlesex and it turned into a triple celebration.

Her club, Docklands Sailing and Watersports Centre, on the Isle of Dogs, won the club of the year title and Tower Hamlets became borough champions.

Leila, a pupil at Wapping

High School, has also done well in national events.

She came sixth in the South East Traveller Series and also become a Guinness record breaker after taking part in the Barts Bash for The Andrew Simpson charity.

The fund-raisers broke the world record for the biggest number of mixed-class boats on the water at the same time.

Leila came 139th with Lady Sailor and 1,146th in the world competing against 30,000 other sailors.

Among them were 39 Olympians, including Ben Ainslie, Paul Goodison and Jimmy Spithill.

The Bart's Bash was staged in memory of Andrew Simpson, an America's Cup professional killed in a training accident in May last year.

INTENSIVE COURSES • BLOCK BOOKING • DISCOUNTS OFFERED*
ignite Driving School
020 8983 0085
Evening mobile: 07507 196606
www.ignitedriving.co.uk
419 Roman Road, London E3 5QS
In shop Theory Training*
Free Training for IGNITE Students
Instructor Training Available on part 1,2 & 3
SPECIAL OFFERS
MANUAL driving lessons
first 3hrs £48* 5 hrs £80* 10 hrs £170*
AUTOMATIC driving lessons
first 3hrs £53* 5 hrs £88* 10 hrs £195*
Choose from any above offers!
Male and female instructors available in automatic and manual
ADI's and PDI's wanted
*Terms & conditions apply
All our instructors are DSA Approved

Landlords, 3 months rent in advance
1-5 Years Guaranteed Rental Scheme
✔ 0% Commission
✔ Fully Managed Service
✔ No Void Period
✔ Inspections every 8-12 weeks
Your rent is guaranteed each month even if your property is empty!
FREE NIC
FREE Inventory
FREE EPC
FREE Gas Safety Check
Find out more
* Terms & conditions apply
Properties Urgently Required in all East London Boroughs & Essex
elliotleigh.com 020 8983 4444
Visit our website for full details www.elliotleigh.com

Classics with a modern twist

A Season of Bangla Drama mixes the old and the new

SEE PAGE 5

Giveaway for craft lovers

Your chance to win tickets to the Simply Christmas show

SEE PAGE 6

Nordic nosh by the canal

Find out what our reviewer thought of the Ink experience

SEE PAGE 7

ISSUE 1034 3 - 9 NOVEMBER 2014

WWW.TOWERHAMLETS.GOV.UK

get*a*life!

eastendlife ARTS | REVIEWS | EVENTS | TV

All the world's a page

Book lovers rejoice as Writeidea Festival returns – page 3

Sleepless Nights?

Not any more!

Call in for a coffee and a chat. You're bound to find a bed, mattress or furniture bargain which is just your cup of tea!

HUGE SELECTION OF •BEDS •MATTRESSES •BEDFRAMES •SOFAS •WARDROBES •DINING TABLES •CHEST OF DRAWERS IN STOCK NOW!

FAST DELIVERY
OR YOU CAN COLLECT TODAY!

CALL OUR HOTLINES NOW!
020 7377 2695
020 7247 1581

www.happynightmares.co.uk

All types and sizes of MATTRESSES in stock now!
•Orthopaedic •Open Coil •Pocketsprung •Memory Foam •Pillow Top •Special Sizes •Made to Measure

All types and sizes of DIVAN BEDS in stock now!

Great Prices!

All types and sizes of BEDFRAMES in stock now!
•Metal •Leather •Fabric Wood •Traditional & Modern Designs

All types and sizes of SOFAS in stock now!
•2 Seaters •3 Seaters •Corner Sofas •Recliners

All types and sizes of BUNK BEDS in stock now!
•Doubles •Triples •Wood •Metal

All types and sizes of WARDROBES in stock now!

All types and sizes of CHEST OF DRAWERS in stock now!

All types and sizes of TABLES, CHAIRS & DINING ROOM FURNITURE

And much, much more!

BOO!!!
HAPPY NIGHTMARES® THE BED PEOPLE

FAST NEXT DAY DELIVERY OR COLLECT FROM STOCK
www.happynightmares.co.uk
BUY NOW ONLINE OR OVER THE PHONE
08453 709709
OR VISIT ONE OF OUR WAREHOUSES

LONDON
020 7247 1581
Unit 67/68 Vallance Road, Whitechapel, London E1 5BW

HARLOW
01279 422212
Unit C, St James Centre, East Road, Harlow CM20 2SX (Behind the Range)

OPEN 7 DAY A WEEK
EASY PARKING

Jazz date for Soumik

Soumik Datta plays at the London Jazz Festival in Bethnal Green on November 19. Tickets for the performance cost £5.

WWW.EFGLONDONJAZZFESTIVAL.ORG.UK

Out & about

Comedy

Laugh The Queens Head Off
Monthly stand-up show featuring new and established names.
Usually the third Tuesday of the month. Acts to be confirmed.
The Queens Head, 8 Flamborough Street, E14.
www.queensheadlimehouse.co.uk

Suspiciously Cheap Comedy
Bill includes Edinburgh award nominees Gein's Family Giftshop – a sketch troupe – and Liam Williams. £5/£3.
Backyard Comedy Club, 231 Cambridge Heath Road, E2.
Sun, Nov 9. 7pm.
www.backyard comedyclub .co.uk

Events

EMERGE Festival
Return of the dance festival with C-12 Dance Theatre that supports emerging choreographers. A series of contemporary performances organised with Adam Towndrow. £12/£10.
Tues-Sat, Nov 4-8, 11-15 & 18-22. 8pm.
7515 7799
www.space.org.uk

Fringe! Queer Film and Arts Festival
Selection of film, art, workshops and parties make up this year's not-for-profit festival. Mon-Sun, Nov 3-9.
Various east London venues including Lime Wharf, E2.
www.facebook.com/fringefest

Jumble & Pearls
A Christmas pop-up of long-running vintage and designer fair. Street and pop art feature among the stalls. Free.
Sat, Nov 15. 12-6pm.
The Book Club, 100-106 Leonard Street, EC2.

Exhibitions

Revolver II Part 2: Transverse
Second part of three group exhibitions about artists working with or making reference to text and publishing. Curated by Prof Michael Newman and Robin Klassnik.
Until Sun, Nov 9. Open Weds-Sun, 12-6pm.
Matt's Gallery, 42-44 Copperfield Road, E3.
8983 1771

KP Brehmer. Real Capital – Production
First UK solo exhibition by the German artist, with earlier pieces in the Capitalist Realism style.
Until Sun, Nov 30.
Raven Row, 56 Artillery Lane, E1.
7377 4300

I Don't Know or The Weave of Textile Language
Retrospective of Richard Tuttle, the American minimalist artist who rose to prominence in the late '60s in New York.
Gallery tours on Nov 4, 6 & 13.
Until Sun, Dec 14.
Whitechapel Gallery, 77-82 Whitechapel High Street, E1.
7522 7888

Nathan Eastwood: Work/ Recreation / Freedom
Solo exhibition by the 2014 East London Painting Prize winner .
Until Sun, Dec 21. Open Tues-Sun, 10am-5pm.
The Nunnery, 181 Bow Road, E3.

A London Eye: Three Artists Look
Miranda Benzies, Nicholas Borden and Marc Gooderham offer impressions of London's ever-changing landscape and the capital's architecture including Christchurch in Spitalfields. Free.

Enjoy a hip night out

PICTURED above is the title character of Rueben Parker, a brand new hip-hop theatre production opening later this week at the Oxford House Theatre in Derbyshire Street, Bethnal Green.

East London dance company Rebirth Network is behind the ambitious new undertaking. Reuben Parker is a fresh fusion of storytelling inter-woven with cutting edge hip-hop dance.

Tickets for the shows, on Friday and Saturday, November 7 and 8, cost £10/£8 and are available at **www.rebirthdance.event brite.co.uk**

Festival attracts the best

The annual Writeidea Festival, taking place at several venues in the borough between November 14-16, has again attracted distinguished writers and performers like Deborah Levy, left.

DETAILS BELOW

Final spin

DJ Claire Kalvis plays at Jumble and Pearls' final event of 2014.

DETAILS BELOW

Out & about

Until Sat, Nov 15.
Leyden Gallery, 9 Leyden Street, E1.
7655 4825
www.leydengallery.com

Film

The Panafrican Festival of Algiers 1969
Special screening of the documentary by photographer, painter and graphic artist William Klein who took viewers into the heart of the 1st Panafrican Cultural Festival held in Algeria in 1969. Discussion follows the screening.
£8.50/£7.50. Thurs, Nov 6. 6.45pm.
Genesis Cinema, 93-95 Mile End Road, E1.
7780 2000

Framed Film Festival
Packed line-up of films, events, workshops and activities for cinema-goers aged 4-11.
Sat & Sun, Nov 22 & 23.
Barbican Cinema, Barbican Centre, Silk Street, EC2,
0845 120 7527

Music

London Jazz Festival
Programme of shows including Hijaz, a performance by contemporary jazz star Soumik Datta and a family-friendly day, Jazz for Toddlers.
Fri-Sun, Nov 14-23.
Rich Mix, 35-47 Bethnal Green Road, E1.
7613 7498

The Jesus and Mary Chain
A pair of gigs by the fuzz-pop pioneers. Led by the Reid brothers, they will play a full performance of their 1985 debut album Psychocandy.
Weds, Nov 19 & Mon, Nov 24. 7pm.
The Troxy, 490 Commercial Road, E1.
www.troxy.co.uk

This photograph, titled Sleep, is by Dougie Wallace who features in Films By Photographers, a free event this Sunday, November 9 at Rich Mix from 12-3pm. More details at www.richmix.org.uk

Annual literary event is just the write stuff

BY SHALINA HUSSAIN

THE borough's premier literary event is back and boasts a fantastic line-up for this year's festivities.

The Writeidea Festival, the council's flagship reading event, continues to grow in popularity, attracting a crop of distinguished writers and performers alike.

Now in its sixth year, it takes place over the weekend of November 14-16 at Idea Store Whitechapel.

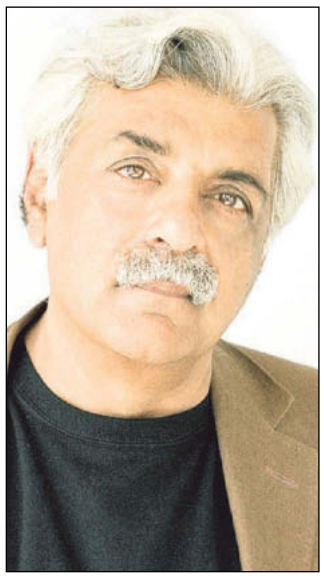
Writer and film maker Tariq Ali will be the star attraction at the launch on Friday, November 14 at 6.30pm, when he will talk about The Islam Quintet, his acclaimed series of five novels addressing the long history of the clash of Islam and the West.

Together the novels form an epic panorama that begins in 15th century Moorish Spain with Shadows of the Pomegranate Tree, and closes in the 21st century cities of Lahore, London, Paris and Beijing with Night of the Golden Butterfly.

The launch will also feature a music performance by Morpeth School's energetic and dazzling orchestra Urban Playground.

Owen Jones

Shazia Mirza



Tariq Ali

The orchestra is made up of students from years 7 to 13 who have played all over the world, including New York, Madrid and Iceland, and appeared at prestigious festivals.

There will also be slam poetry courtesy of SLAMbassadors, featuring Samila Naira and Nafeesa Mohammed.

Other highlights include comic Shazia Mirza's rollercoaster ride Bullet Proof, novelist Nadifa Mohamed, and columnist and broadcaster Nick Cohen.

Jake Arnott will guide visitors on the topography of the capital, looking at John Gay's 1716 poem Trivia: The Art of Walking the Streets of London, and join Xiaolu Guo – one of Granta's best young British novelists of 2013 – conversing about her new novel I am China.

Political activist Owen Jones will present his new book The Establishment, which exposes the linked worlds of vested interests, and why and how they can be challenged.

Critically acclaimed author Roopa Farooki will give an insightful lecture about growing up in 1940s Lahore in a society which required her siblings to be 'good children', how this was enforced and the repercussions of this prescribed way of behaviour and obedience.

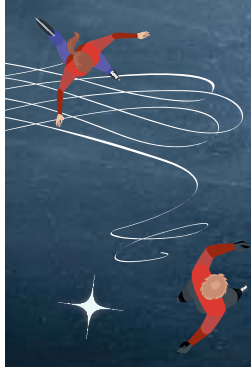
Farooki writes tales of multicultural, contemporary Britain populated by funny, believable characters.

Throughout the weekend there will also be a fringe festival focusing on non-traditional forms of writing, alternative narratives and creativity in all shapes and sizes.

All events are free, although booking is recommended as some events are very popular.

For full details of the programme, visit **www.writeideafestival.org**

CANARY WHARF
ARTS + EVENTS



NOVEMBER 2014 PROGRAMME OF EVENTS

ICE RINK CANARY WHARF
UNTIL SATURDAY 28 FEBRUARY
CANADA SQUARE PARK / PRICES VARY

WE REMEMBER
TUESDAY 11 NOVEMBER
SERVICE FROM 10.45AM
WOOD WHARF / FREE

AFTER HOURS WITH...
ED HARCOURT
WITH REN HARVIEU
TUESDAY 11 NOVEMBER / 7.45PM (DOORS 7PM)
EAST WINTERGARDEN / £18

CANARY WHARF COMEDY CLUB
WEDNESDAY 12 NOVEMBER
7.15PM (DOORS 6.30PM)
EAST WINTERGARDEN / £12

PUDSEY'S POP-UP PROGRAMME
FRIDAY 14 NOVEMBER / 12 – 7PM
SHOPPING MALLS
FREE BUT DONATIONS ESSENTIAL

WINTER 2014 FASHION EVENT
THURSDAY 27 NOVEMBER / 9AM - 8PM
CANARY WHARF SHOPPING MALLS / FREE

FOR MORE INFORMATION VISIT CANARYWHARF.COM
twitter @YOURCANARYWHARF

COMEDY CLUB & AFTER HOURS BOOKING
Online: seetickets.com
Tel: 0871 220 0260
In Person: On the door (subject to availability)

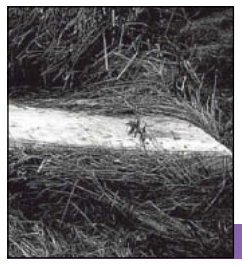
ICE RINK BOOKING
icerinkcanarywharf.com

Booking fees apply.
All details correct at time of press.

Dance classes

Trip the light fantastic at one of the many different dance classes being held across the borough.

SEE LISTINGS BELOW

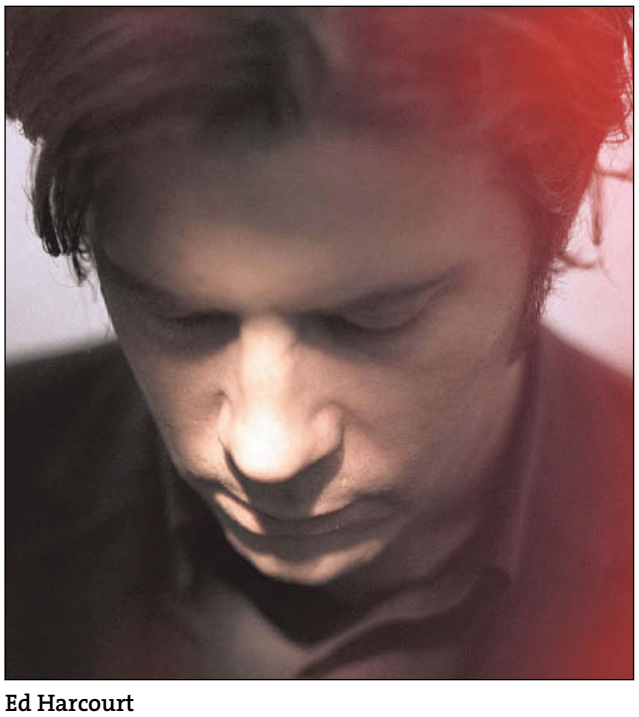


Mandy goes on display

Contemporary photographer Mandy Williams features in this month's Photo-Open exhibition at Rich Mix. This work (left) is named Riverside Stories.

WWW.PHOTOMONTH.ORG

Ed's Wharf concert date



Ed Harcourt

DEMAND has been so high for Canary Wharf's After Hours With... concert series, that a recent gig with Chris Difford and Glenn Tilbrook was a sell-out.

Now Ed Harcourt brings his distinctive brand of melancholic piano-pop to the stage on Tuesday, November 11.

He has six albums from his back catalogue to choose from, including the Mercury-nominated Here Be Monsters.

The gig – which features a guest turn from Ren Harvieu – takes place in East Wintergarden at 43 Bank Street, Canary Wharf. Tickets cost £18 – call 0871 220 0260.

Dance

Argentinian tango E14
Class. Sat 2-5pm. £5. St John's Community Hall, 37 Glengall Grove, E14.
7538 3852

Ballroom/Latin American
Fri, 2-4pm, £2.50, 20p refreshments.
Kingsley Hall, Powis Road, E3.
8550 1392

Belly dancing
Beginners' belly dancing classes. Sats, 2-3pm, £6.
Oxford House, Derbyshire Street, E2.
07796 850506

Brazilian dance aerobic classes
Weds 9-10am & Thurs, 1-2pm. Free.
Alpha Grove Centre, Isle of Dogs, E14
7538 1714

Energize4Girlz
South African gumboot dancing. Every other Saturday from 11am-12:30pm.
St Pauls Shadwell Church, 302 The Highway, E1.
energize4girlzdance@gmail.com

Green Candle Senior Dance
Over-60s.
Tues, 10.30am-12.30pm, one free taster session.
Oxford House, Derbyshire Street, E2.
7739 7722

Salsa
For dancers of all experience. Prices vary. Every Tues & Weds, 7.30-9.30pm.
The Urban Bar, 176 Whitechapel Road, E1.
07932 658861

Swing Dance
All ability levels welcome.
Every Fri, 7-9pm.
£7 per person or £10 for a lead/follow couple.
The Hall, St Margaret's House, 21 Old Ford Road, E2.
8980 2092

Zumba Fitness classes
Open to all adults. Every Thursday from 7-8pm.
Glamis Residents' Hall, 414 Cable Street, E1.
07946 483246
ilona.charles@hotmail.co.uk

Zumba classes
Every Tues 11.15am-12.15pm. £1.
St Matthias Community Centre, 113 Poplar High St, E14.
7515 8362

Kids

Ballet for children
Every Thurs. Ages 2 1/2 to 3 1/2 years, 2-2.30pm; 4-6 years, 4.45-5.15pm.

DREAMMAKER
DAY NURSERY
OPEN DAY

18 & 19 November 2014, from 5pm-7pm
20% Discount offer on daycare and pre-school

Rated GOOD by Ofsted we offer stimulating childcare close to Tower Hill, Liverpool St & Fenchurch St stations. Open from 7am to 7pm with flexible spaces and emergency childcare. Funded spaces available for 2,3 & 4 year olds.

Open Day Special Offer
No admin fee plus 20% childcare discount if you register on Open Days.
Terms and Conditions apply.

Telephone: 0207 480 7166
Web: www.dreammakerdaynursery.co.uk
Twitter: @DreamMakercouk

Open your heart for a life changing experience through fostering

FOSTER CARERS REQUIRED IN TOWER HAMLETS AND SURROUNDING AREAS

Become a foster carer with an organisation who truly cares. At Sunbeam Fostering Agency we have a dedicated team who will be on hand to support you.

We offer Foster Carers:
Professional support 24/7 all year round
Up to £550 allowance p/w per child
Free NVQ Training Level 3

For more information please call anytime on:
t: 020 8799 0930
e: info@sunbeamfostering.com
w: www.sunbeamfostering.com

SUNBEAM FOSTERING AGENCY
DRIVEN BY CHILDREN'S NEEDS
Ofsted Outstanding 2011 2012

A fantastic line-up

"We have a fantastic line-up of theatrical productions in the 12th annual A Season of Bangla Drama this year for audiences to enjoy at several venues throughout the borough."

CLLR SHAFIQUL HAQUE

Holding court

Ed Harcourt teamed up with Sophie Ellis-Bexter on her recent album.

SEE BELOW

Focus on Bengali heritage

BY SHALINA HUSSAIN

A SEASON of Bangla Drama returns with 22 events reflecting Bengali culture.

The annual festival, organised by the council, is now in its 12th year and once again showcases a number of high quality productions in venues across the borough until November 30.

As well as dynamic interpretations of classics, including works by Shakespeare, Oscar Wilde and Rabindranath Tagore, new pieces will be celebrating Anglo-Bengali theatre.

Identity, hierarchy, love and migration are just some of the themes that will be tackled.

An early highlight of the programme included Uttorardhikaar (The Inheritance) which launched the festival on November 1.

East, by Deadalus and Bishwo Shahitto Kendro (November 7), features a cultural exchange of stories of migration, music and interaction between local people of different generations and communities who have made the East End their home.

Romeo and Juliet (November 8 & 9) have been crossing cultures for centuries.

The Mukul & Ghetto Tigers' Bengali language interpretation uses poetry, dance and music to tell the tragic – but ever-relevant – story of the star-crossed lovers whose feuding families prevent their happy union.

Meanwhile The Cruel Truth (November 14 & 15) pays tribute to two women who fought hard for gender equality, Rokeya Hossain and Maya Angelou.

Local venues including The Space, Wilton's Music Hall and Rich Mix are all hosting events.

Details of the programme – developed with Queen Mary University – at **www.towerhamlets.gov.uk/arts** or call 7364 7900 to book tickets.

A scene from Londonee written two years ago by Mukul Ahmed and starring Rez Kabir, who also features in this year's entry by Ahmed, Romeo and Juliet. Photos: Rehan Jamil

Get a Life!

Alpha Grove Community Centre, Isle of Dogs, E14.
nina.monteiro@hotmail.com

Deaf after school club
For ages 5-12. Mon-Fri, 4-6pm. Tower Project, 45-55 White Horse Road, E1.
naima@towerproject.org.uk
7790 9085

Kids' Creative Dance Classes
For ages 2-11 on Sat mornings. £44-49.50 per term or £4.50/£5 per term, plus concessions. Chisenhale Dance Space, 64-84 Chisenhale Road, E3
8981 6617
chisenhaledancespace.co.uk

Pollyanna Training Theatre
Drama and musical theatre for ages 4-16 in Wapping, E1.
7481 1911

Rhyme time
Thurs, 2-3 pm. Watney Market Library, 30-32 Watney Market, E1.
7790 4039

Young & talented?
Performing arts group for 6- to 16-year olds. Sats, 10.30am-1.30pm, term-time. Oxford House, Derbyshire Street, E2.
8556 5348

Music

Creative Unity steel band
Steel pan classes Thurs, 6.30-8.30pm. St Matthias Community Centre, 113 Poplar High Street, E14.
07808 847974

Parent & child

Dance play
Dance and movement, songs and rhymes for parents/carers and their children aged 1-5 years. Weds, 10.30-11.30am, term-time only. Cost £2 per child (in adv) or £3.50 drop-in rate, discounts available. Language of Dance Trust, Oxford House, Derbyshire Street, E2.
7749 1131
info@lodc.org

Island Tots
For childminders, parents and kids ages 0-4. Mon-Fri, 1-3pm, term-time. 55 Club, Samuda Estate, Stewart Street, E14.
7538 3292

Toyhouse library
Mons, 1.30-3.30pm, Halley Primary School, Halley St, E14. Tues, 2-3.30pm, Cayley School, Aston Street, E14. Weds, 9.20-10.45am, Harry Roberts Nursery, Harford Street, E1. 1-2pm, TH Opportunity Playgroup, 583 Commercial Road, E1. 9-11am, Old Church Nursery, Walter Terrace, E1. 9-11am, Alice Model Nursery School, 14 Beaumont Grove, E1.

Yoga for pregnancy
Pregnancy class suitable from 14 weeks. Mums and babies classes suitable from six weeks.
07958 645978

Dance play
Dance and movement for parents/carers and children aged 1-4. Weds, 10-11am. £3.50/class or £2 if paid termly. Language of Dance, Oxford House, Derbyshire Street, E2.
7749 1131

Social

3 Bees Café
Vegetarian and fish dish, for £3, takeaways available. Tuesdays, 4-8pm. Kingsley Hall Community Centre, Powis Road, E3.
07501 468 193

Asian deaf/hard of hearing people
Tues, 10am-1pm, free. Trinity Centre, Key Close, E1.
7790 8478
minicom 7791 0105

Birchfield OAPs club
Mon-Fri, 7-9.30pm; Weds, 1-4pm 50 Saltwell Street, E14.

Fern Street Settlement Club
Fern Street, E3.
7987 1949

Globe Town bingo club
Pensioners group with bingo and social activities. Thursdays, doors open 12pm. Bingo 2-4pm. Globe Town Community Centre, Bullards Place, E2.
07939 965141

Golden Ladies
Pensioners group for bingo and social. Weds, 2-4pm. Isle of Dogs Bowls Club, Millwall Park, E14.
7987 6824

Little Spitz' under-5s playgroup
Sun, 10am-12pm, 50p. Spitalfields City Farm, Buxton Street, E1.
7247 8762

Tower Hamlets U3A
Courses for over-50s to learn tai chi, jazz and more. £7.50 yearly membership. St Margaret's House Settlement, 21 Old Ford Road, E2.
7247 4283

PHOTOMONTH East London enters its second month with an exhibition of contributions from a wide range of photographers continuing the theme, Imagining the East End. The Mezzanine gallery space at Rich Mix in Bethnal Green hosts Photo-Open, a free exhibition where the public will be vote for their Best in Show. The creator of the most selected snap will be invited to next year's Sony World Photography Awards. This picture, by the East End's David Hoffman, is likely to be in the running. On Thursday, November 6 anyone is welcome at Rich Mix for a launch party starting at 6pm where there will be performances from DJ Kev and Dave Pickens. Photomonth Photo-Open runs from November 6-30, daily from 10am until 10pm. Rich Mix is at 35-47 Bethnal Green Road, E1 – www.richmix.org.uk

Handmade treats

Simply Christmas is full of festive craft ideas for gifts and decorations.

SEE BELOW

You've got to be in it to win it...

To enter the competition below, send your name, address and phone number on a postcard, with the right answer, to: East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar E14 2BG or email...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Reader offers

Have yourself a crafty Christmas

WITH less than two months until Christmas, now is the time to start thinking about festive gifts and decorations.

We all love a hand-crafted gift, made with thought and love. And this year, the creatively inclined will be in their element at the new Simply Christmas show, taking place from November 28-30 at ExCel London, at Royal Victoria Dock.

Simply Christmas will run alongside the established Hobbycrafts and Art Materials Live shows, providing the perfect opportunity for crafty types to stock up on all they need to make beautiful festive cards and presents for family and friends this holiday season.

Whether it's a cuddly snowman for a little one, some traditional decorations for the house or a beautiful necklace for that special someone, Simply Christmas offers a huge selection of handmade gifts and crafts from hundreds of exhibitors.

Workshops and tips from exhibitors will give visitors a chance to create their own handmade pieces to add some Christmas spirit and sparkle to their homes or pick up clever ideas about the many ways to add some creative touches to cards and presents.

The Food & Drink Festive Village, packed with goodies including handmade chocolates, marmalades, cheeses, chutneys and cakes, is the ideal place to get some presents organised early or to stock up a festive food cupboard.

Hobbycrafts, the UK's largest creative crafts show, is bigger and better than ever with more than 100 exhibitors.

With everything from stamping, beading and jewellery making to papercraft, card making and calligraphy – everything needed for a hobbycraft project is here. Visitors can enjoy a free programme of make & take sessions, talks and demonstrations each day.

Get creative at the UK's liveliest and biggest art materials show, Art Materials Live, where leading professional artists offer the latest in art supplies, ideas and innovations as well as tips and advice. They will demonstrate a variety of techniques, showcasing a range of materials and subject matter.

Simply Christmas, Hobbycrafts and Art Materials Live are at ExCel, London, 1 Western Gateway, Royal Victoria Dock, from November 28-30 from 10am-4.30pm (5pm on Saturday).

Tickets – Adults: £10 on door (£8 in adv before 5pm Mon, Nov 24); seniors: £9 on door (£7 in adv before 5pm Mon, Nov 24); children under 16: free if accompanied by an adult, otherwise £5.

Visit **www.ichf.co.uk** or call 01425 277988.

East End Life has ten pairs of tickets to give away. To be in with a winning chance send your answer to the following question by email or post to the addresses above, titled Christmas Show, by 5pm on November 13.

All entries must include your full name, address and phone number. One entry per household. Terms and conditions apply.

Q. Name the two other shows that will run alongside Simply Christmas.

Have your say on SAFETY in a ward near you

These new community safety surgeries will be held by Lead Member Cllr Ohid Ahmed and the Police, in every ward in Tower Hamlets. Located in the new Mobile Police Office, the surgeries will give residents the chance to raise issues of crime and anti-social behaviour in the area, and the Council and Police an opportunity to inform residents of how they are tackling it. The surgery will be followed by a walkabout in various locations across the ward:

Residents do not need to register and can just show up on the day.

Residents are invited to join the Mayor, Lutfur Rahman, Cabinet Member for Community Safety, Councillor Ohid Ahmed and Borough Commander, David Stringer, to discuss community safety issues in four wards.

Date	Friday 7th November
Ward	ST PETERS
Surgery	9.30am-10.30am
Location	Bethnal Green Police Station
Walkabout	10.30am-12.00pm
Meeting point	BG Police Station, 12 Victoria Park Sq, E2 9NZ

Date	Friday 21st November
Ward	STEPNEY GREEN
Surgery	9.30am-10.30am
Location	Redcoat Community Centre
Walkabout	10.30am-12.00pm
Meeting point	Outside the Redcoat Community Centre and Mosque - Wellesley Street, E1

Date	Friday 5th December
Ward	SHADWELL
Surgery	9.30am-10.30am
Location	James Voller Way
Walkabout	10.30am-12.00pm
Meeting point	James Voller Way E1 - junction with Spencer Way

Date	Friday 19th December
Ward	LIMEHOUSE
Surgery	9.30am-10.30am
Location	Limehouse Marina
Walkabout	10.30am-12.00pm
Meeting point	Limehouse Marina - entrance via Branch Road, E14

Details of the Community Safety Surgery in your ward can be found online: bit.ly/1IvBu87
Details of the Community Safety Walkabout in your ward can be found online: bit.ly/VNcg8U

METROPOLITAN POLICE TOTAL POLICING · Tower Hamlets Homes · one housing group · east end HOMES · Tower Hamlets Community Housing · gateway · Genesis · Providence Row · family mosaic · Tower Hamlets · MAYOR OF TOWER HAMLETS

LOVE FOOD hate waste

Wasting food hits your pocket

Love Food Hate Waste provides recipes for using up leftovers and handy tips and advice to help us waste less food. Wasting food costs the average family with children around £680 a year.

WWW.LOVEFOODHATEWASTE.COM

Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

CALL OUR ADS TEAM ON 7364 4061

Off the beaten track for a touch of Nordic cool

BY GORDON BLUE

IT is with excitement that I approach Ink, housed in the old Olive Restaurant that overlooks the canal/building works.

We arrive eventually after a few wrong turns and I almost hug the waiter I'm so pleased to see signs of life.

But not much life. The restaurant is empty apart from two fellow diners. And empty it remains, which in turn means the atmosphere is a little lacklustre.

The décor is stripped back Nordic cool, with white walls but thankfully comfy dining chairs. Great if there are fellow diners to nose at, but without it feels cavernous and cold. Tuesday nights are a quiet night for restaurants so here's hoping weekend trade delivers.

The menu is lip-smacking in description and I kick off with a martini. The gin list is limited (three) but it soon turns out that two have run out so we're left with Gordon's.

For starters I plump for the gravlax with lightly pickled carrots, cucumbers, dill and rye bread. It's just delicious. The cured salmon is a gorgeous chunk topped with mustard and a scattering of dill.

The ingredients are carefully chosen at Ink

A fantastic starter: fresh, clean tastes leaving me salivating. Beauty was in abundance as promised, leaving me daydreaming of what I could achieve with a grater.

Herring with cucumber and salmon caviar was also a hit. The herring was complex in taste and grounded with an earthy fishiness from the roe.

My main of pearl barley, potatoes, pumpkin and duck egg was spot on, warmly comforting on a wintry night. I was grateful for the oozing egg and the generous portion of seasonal pumpkin.

The 148-hour salted cod provided rich preserved flavours for a humble fish, enhanced by tomato textures and oil.

Gastronomically, Ink delivers its promise of beauty.

The ingredients throughout are carefully chosen – the attention to detail is to be marvelled at and my fear of still being hungry was negated.

However, if quality, simplicity and aesthetism is your handle, then it needs to be consistent. The loos featured a broken hand drier and my cocktail was okay but no great shakes!

The wine list is a winner with fine wines flanking everyday tipples.

With more footfall this could be a real success. It's also great to have a neighbourhood Nordic restaurant.

Two ate two courses with wine for a little over £60 including service. We had a 15 per cent off deal and there are other offers out there.

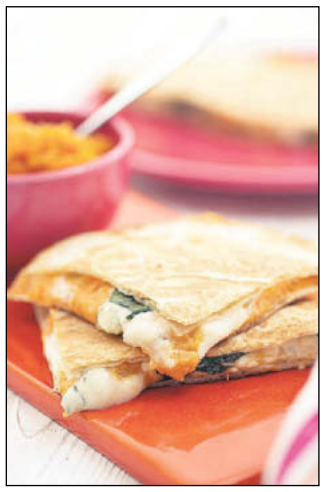
Ink Restaurant is at 42 Palmers Road, E2. Tel: 8983 6634.

A delicious dish with cheesy bits

THIS month's recipe comes from the Love Food Hate Waste website.

Keep a pack of flour tortillas handy with leftover veggies such as sweet potato, butternut squash or carrots. Then hunt through the fridge and pull out all those scraps of leftover cheese – the wedge of Stilton, the finger of Gruyere, the wedge of Cheddar and put the lot together in minutes.

If you have a recipe to suggest using leftovers or tips about reducing the amount of food we throw away, you could win £50 worth of shopping vouchers!



Email your offerings to **recycling@towerhamlets.gov.uk**

Anything goes quesadilla – serves 4

Ingredients

8 flour tortillas
500 cooked sweet potato or butternut squash, lightly crushed or chopped
Sea salt
Ground pepper
100g creamy blue cheese
200g fresh mozzarella

Method

1. Place a flour tortilla in a dry, non-stick frying pan and lavishly spread with the crushed vegetables, right to the edges.
2. Season with salt and pepper and scatter with the cheeses.
3. Top with another tortilla and cook over a medium heat until lightly browned, about 3 mins.
4. Turn once, and cook the other side until lightly browned and the cheese has melted.
5. Transfer to a board, and keep warm while you make the others.
6. Cut in half or into quarters to serve.

3 - 9 NOVEMBER Youth Work Week 2014

NYA National Youth Agency

TOWER HAMLETS

MAYOR OF TOWER HAMLETS

Skills for Life: 3-9 November 2014

Join the council in celebrating the achievements of young people through a series of events and workshops planned across the borough.

To get involved or find out what's on near you visit www.towerhamlets.gov.uk/youth or call 020 7364 0929

CELEBRATING YOUTH WORK WEEK

CAMBRIDGE HEATH SIXTH FORM
OPEN EVENTS

Cambridge Heath Sixth Form is a partnership of three successful schools: Morpeth, Oaklands and Swanlea.

We offer the highest standards of teaching, fantastic learning facilities at all three campuses and high quality support and challenge from our year teams and Academic Mentors.

A huge range of extra-curricular opportunities aimed at broadening experiences and developing a wider set of skills ready for university and employment.

An excellent choice for students aiming for the most competitive universities; the Cambridge Heath Scholars Programme will support you every step of the way.

- 98% A*- E grades at A Level
- 45% A*- B grades
- 25% of students gaining places at Russell Group /1994 Group universities

Oaklands:

This event has now ended. Please contact the campus directly to arrange a visit.

Morpeth:

12th November 2014, 5.00 – 7.00p.m.
Portman Place, London, E2 0PX

Swanlea:

12th November 2014, 5.00 – 7.00p.m.
31 Brady Street, Whitechapel, London, E1 5DJ

To book your place at one or more of our open evenings...

1) Check the website to see which of our schools offers the subjects you want to study.

2) Ring the school or schools directly:

- Morpeth - 020 7791 7350
- Oaklands - 020 7033 7515
- Swanlea - 020 7375 3267 ext 375

You must attend with a parent or guardian aged 18 or over.
Only those who have booked a place will be admitted to our open evenings.

LEARNING TOGETHER, ACHIEVING SUCCESS

W: www.cambridgeheath.towerhamlets.sch.uk
E: enquiries@cambridgeheath.towerhamlets.sch.uk

Boosting local businesses

More than 200 people attend networking event

SEE PAGE 10

Capturing the imagination

Music, poetry and debate at Somali Week Festival

SEE PAGES 16 & 17

Places to go, things to do

Your guide to what's on in the borough this month

SEE GET A LIFE – INSIDE

ISSUE 1034 3 - 9 NOVEMBER 2014

WWW.TOWERHAMLETS.GOV.UK

TOWER HAMLETS

eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

GOOD COLLEGE WITH OUTSTANDING FEATURES
OFSTED 2014

Tower Hamlets College

OPEN EVENING

FIND OUT ABOUT OUR GREAT CHOICE OF A-LEVELS AND VOCATIONAL COURSES

12 NOV 2014, 5PM-7PM
POPLAR CAMPUS

WWW.TOWER.AC.UK/OPEN

OUR BEST EVER

A LEVEL RESULTS

WE OFFER A GREAT RANGE OF A-LEVELS INCLUDING:
PHILOSOPHY, PSYCHOLOGY, SCIENCE, MATHS, WORLD DEVELOPMENT, IT & BUSINESS

28%
OF RESULTS AT GRADES A*, A OR B

100%
PASS RATE ACHIEVED IN 15 SUBJECTS

A LEVEL PASS RATE OF
92%

NADEEM
NOW STUDYING ECONOMICS AT GOLDSMITHS UNIVERSITY

You Tube SEARCH FOR **'TOWER HAMLETS COLLEGE TV ADS'** AND FIND OUT WHY STUDENTS REALLY RATE US

WWW.TOWER.AC.UK/OPEN

GREAT CHOICE OF

VOCATIONAL COURSES

WE OFFER A GREAT RANGE OF VOCATIONAL COURSES INCLUDING:

TRADE-SKILLS, IT, ACCOUNTING, HEALTH & SOCIAL CARE, ART & MEDIA, HAIR & BEAUTY

82%

OF OUR 16-18 YEAR OLDS GO TO UNIVERSITY, WELL ABOVE THE NATIONAL AVERAGE

KATIE

NOW STUDYING PSYCHOLOGY AT ROYAL HOLLOWAY UNIVERSITY

You Tube SEARCH FOR **'TOWER HAMLETS COLLEGE TV ADS'** AND FIND OUT WHY STUDENTS REALLY RATE US

WWW.TOWER.AC.UK/OPEN

GOOD COLLEGE WITH
OUTSTANDING FEATURES
OFSTED 2014

Tower Hamlets College

OPEN EVENING

12 NOV 2014, 5PM-7PM
POPLAR CAMPUS

You Tube

SEARCH FOR **'TOWER HAMLETS COLLEGE TV ADS'**
AND FIND OUT WHY STUDENTS REALLY RATE US

WWW.TOWER.AC.UK/OPEN